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Halifax metro



Why young people
are loving Halifax
so much lately
metroNEWS



Your essential daily news | WEEKEND, DECEMBER 23-26, 2016

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Metro's Holiday Wish to you



Ani Castillo

**THIS NEWS
IS GOOD**

After a year that felt like the world was more divided than ever, we've chosen to fill this edition with stories that bring us all together.



WEEKEND SPECIALS FRI-SUN

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This news is good

Cathrin Bradbury
Editor-in-Chief
Metro News Canada

We are about to commit journalistic heresy. Today all seven editions of Metro are publishing only positive news stories. We've gone so far as to call it the happy edition.

Before every journalist in the country starts to hurl rocks at us, let me explain.

Earlier this year I visited Detroit. Like everyone else, I'd heard a lot about the city's comeback — crime is down, investment is up, and the Detroit Pistons are relocating from their suburban headquarters to join the city core. It was great to see it up close: At night people poured out of packed bars to walk through the well-lit downtown — 40,000 new streetlights and counting.

Still, it's not nirvana, or anything like it. The city's violent crime rate remains the second worst in the U.S. The wrecking balls go non-stop, but they can't tear down the burnt-out husks of buildings just a block or two off the main drag fast enough to keep up with the city's new idea of

itself.

The local press isn't keeping up either. The major TV and newspaper outlets lead with crime news every day, still covering Detroit in a way that marginalizes the very place they are reporting on. The people who stayed in Detroit, and the ones who are coming back, have an ambition for their city and the media doesn't seem to be listening.

As a news editor, I took a message from Detroit. I started to notice how media here does the same grim reporting on Canadian cities, and it takes a toll on us just as much as our readers.

Managing editor Angela Mullins, who runs Metro Toronto and oversees all seven Metros across Canada, refuses to watch the local television news with her wife anymore because it's "so bloody depressing." A young Metro reader, 23, told me recently that she had come to hate the TV and newspaper coverage of her city. "It's only bad news."

We've had plenty of bad news this year. Six weeks ago we worked into the night covering the U.S. election. To say that we were on edge at the office the next day doesn't



SAFE AT LAST HAPPIER TIMES FOR ALEPPO'S TWEETING GIRL

Bana Alabed, known as Aleppo's tweeting girl, was feared dead after she stopped sending messages from the warzone. The seven-year-old was evacuated on Monday and she and her family are now safe in Ankara, Turkey. Here she is with her mother Fatemah, her father Ghassan and her brothers Nour and Laith on Thursday. AFP/GETTY IMAGES

quite cover it. If a cat had walked by we would have flung it out into the cold and rain. And we like pets here — just look at our covers.

Ira Lamjca, Metro's Canada, World and Business editor, was particularly affected.

The story of how Ira, 26, immigrated to Canada from Albania when she was 8 was so inspiring we're going to launch a whole series around it next year. Sneak peek: A

message in a bottle from Newfoundland honeymooners that washed up on the shores of her village started her saga.

Ira's bountiful optimism opens up a room. So when she sat down at the news desk and started to cry over the election results, it was tough. "This is much harder on me than I thought it was going to be. I don't know anything anymore. I don't know if what I'm doing matters anymore."

I didn't have an answer for her then, but her loss of purpose made me think about something Marty Baron said when he came into Star Metro Media to talk about journalism. Baron is the executive editor of the Washington Post and the editor on whom last year's Oscar winner *Spotlight* was based. God, in other words, to newspaper editors everywhere. Baron said that when people talk about your "brand" what they are really talking about is the soul of a news organization, something he spends a lot of time thinking about.

I've thought a lot about our soul at Metro since the U.S. election. What I can say now to Ira on this wintry day before Christmas is that maybe bad news is a given in a naturally adversarial media. But it needn't be the only given. Hope is as true as despair. Even with this week's terrible news out of Berlin and Turkey, columnist Vicky Mochama, who like Ira immigrated to Canada as a child, when she was 5 from Kenya, offered readers a way forward, urging us to do more, much more, and

make welcoming refugees a way of life here. "Twenty-five thousand Syrians is not enough," she writes.

In 2017, Metro, in its optimistic soul, is committed to share with our readers the best version of our cities, and when they don't live up to that version, to push for solutions until they do. We'll continue to use the Metro Effect to drive positive change — as we have on issues such as pedestrian safety and affordable rent. When we don't like what we see — racism on our streets or women shut out of city boards — we'll keep telling you that Metro Ain't Having It.

And finally, we invite you, our readers, to embrace everyday activism and fight to make your cities the best they can be. And then we want to hear about it, so we can tell your story.

Happy holidays from all of us at Metro.

MORE POSITIVE NEWS ONLINE

Because there is so much that we couldn't fit it all in the paper...

WASTE COLLECTION & FACILITY HOURS NOTICE

CHRISTMAS AND NEW YEAR'S GARBAGE/ORGANICS/RECYCLABLES

Residents are advised that there will be **no changes** to municipal garbage, organics or recyclables collection services due to the Christmas and New Year's holidays. Collection services will occur as usual on Boxing Day, Monday, December 26, 2016 and Monday, January 2, 2017.

Collection services can begin as early as 7 a.m. To ensure collection, residents may place materials curbside the evening prior to collection day. The Municipality's residential Household Special Waste (HSW) Depot will be Closed Saturday, December 24 and Saturday, December 31 but will be Open Saturday, January 7, 2017 from 9 a.m. to 4 p.m.

FACILITY HOURS

Otter Lake Facility Closed Christmas Day, Sunday, Dec. 25 New Year's Day, Sunday Jan. 1	➔	Otter Lake Facility Open Saturday, Dec. 24 & 31 from 10 a.m. to 4 p.m. Monday, Dec. 26 & Jan. 2 from 7 a.m. to 7 p.m.
HRM Recycling Plant Closed Saturday, Dec. 24 & 31 Christmas Day, Sunday, Dec. 25 New Year's Day, Sunday, Jan. 1	➔	HRM Recycling Plant Open Monday, Dec. 26 & Jan 2 from 7:30 a.m. to 6 p.m.

AFTER THE HOLIDAYS...

- Paper gift wrap and boxboard can be recycled with your other paper recycling. Remember to keep all paper separate from blue bag recyclables like plastic containers and cans.
- Natural Christmas trees will be picked up on your regular green cart collection day/week. Remove all plastic, tinsel, ornaments, metal rings, nails, stands and plastic tree bags.
- For more holiday waste tips, visit halifax.ca/recycle

Youth movement births a damn good, liveable city

INFRASTRUCTURE

Improving transit, food and housing

HALIFAX MATTERS

Tristan Cleveland



Halifax is becoming a damn good city for young people.

Last summer, Fusion's Urban Development Action Team made a wishlist for the things that would attract a young workforce. I helped with that project, which we called "The Little Easy," and I'm excited to say the progress Halifax is making is awesome.

Greenways: Fusion pointed out that if we built just 12 kilometres of trail, we could have a 185-kilometre trail connecting the Eastern Shore to Lunenburg through both our downtowns. The city has since proposed to do that by 2020 with the Integrated Mobility Plan — but they also want to build much more.

We apparently weren't nearly ambitious enough.

Bus lanes

Young people expect good transit. Fusion named Bayers and Robie as the highest priority streets for bus lanes and, to our joy, the city has since produced detailed design drawings for a possible two-way bus



Halifax City Hall is lit up on a cold night with a purple glow and the lights from the city's tree shining bright. JEFF HARPER/METRO

lane on Bayers, and I've heard Robie is being analyzed. This could be a turning point for transit in Halifax.

Affordable Housing

While young people are getting costed out of Vancouver and Toronto, Halifax has set a goal of creating 5,000 new affordable units in five years. Soon, thanks to the Centre Plan, more people will also be allowed to rent out a basement or attic to help pay the mortgage.

For a lot of young people,

that might just make home-ownership possible.

Legalize food

Our old-fashioned zoning says nothing commercial is allowed in a lot of neighbourhoods, including green grocers, lest they try to sell healthy food or something. For our core, we'll soon fix this problem with the Centre Plan: corner stores will be allowed nearly anywhere that has a corner.

Cycling

There are 15 feet of empty

space between any stop sign and on-street parking. This year, Halifax worked with the Cycling Coalition to use some of that unused space for bike parking. That's good thinking and good collaboration.

Fun

The city's engineers painted crosswalks multicolored rainbows for Pride Week. Waterfront Development built insanely popular bright orange hammocks on the boardwalk. For the Switch Dartmouth street festival, there were fun

things going down every few metres on Portland Street. The momentum is awesome.

A Dalhousie survey this week surprised folks with how happy Halifax residents are to see change. When you add up Central Library, the Oval, Cogswell, and Stillwell's new beer garden, it shows. This is becoming a city where people try things. A lot of it makes our streets safer or helps our economy, but you know what might be even better? It just feels cool. And all that is good reason to feel proud.

METRO ASKS

What do readers love about Halifax?

Jenny Veinotte

“The people. It's such a friendly city and everybody is always smiling.”

Trevor McNutt

“I love all the shops. The stores and the restaurants are all so close together.”

Cathy Hoskins

“Well, I love the people. I love the kindness, the hospitality. I love the downtown area.”

Bronwien Richardson

“I love everything about Halifax. I can walk everywhere.”

12 days of holiday fire safety

Go to halifax.ca/fireprevention for tips



CRIME

Haligonians lend caring hearts, notes to 85-year-old assault victim



Philip Croucher
Metro | Halifax

The hand-written note on the beautiful purple orchids said it all.

“Merry Christmas Jeanette, from someone who cares.”

There was no name on the note. There didn't have to be.

The story of an 85-year-old Halifax woman being punched and dragged from her home in a scary attack Tuesday night angered many in our city, and moved some to want to help.

After we posted the story online Wednesday, Metro received several requests from people wanting to send gifts and flowers to Jeanette Mac-

Donald, who told us her disturbing tale from inside her home on Pennington Street about 12 hours after it happened.

Not wanting to give out her address to people, Metro asked those wanting to deliver a thoughtful gesture to drop it off to us Thursday morning and we'd take it over to her.

On Thursday afternoon, we did just that. MacDonald, who said she was sore, was very appreciative.

If any good has come from this horrible attack, it's showing once again the empathy and support we as Haligonians have when a terrible wrong is done to someone, especially one so innocent as this remarkable 85-year-old.



Jeanette MacDonald JEFF HARPER/METRO

“Just a punk, that's all he was,” she told us after it happened.

It's hard to disagree.

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**SHOPPERS
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Making Miro-cles

Local sculptor transforms everything from clay to granite ... even a garage, which is now her home studio.



Jeff Harper
Metro | Halifax

You've seen sculptor Miro Davis's art all over town, maybe snapped a photo for Instagram, and you probably didn't even know it.

Most recently, her piece — inspired from Sandro Botticelli's famous Birth of Venus — was installed along Barrington Street near Grand Parade.

"The whole idea of that rock was inspired by our place and our city and the lack of voluptuous female forms in our public realm," explains Davis. "Our sculptures tend to be very traditional — horses and people ... men."

"I love working small because it's intimate," says Davis from her Halifax home studio.

"I get to tell a little story in a small space that somebody can take with them in their pocket or in their bag and put it anywhere in their home."

+ THANK YOU

This is the last instalment of the Handmade Halifax feature. Thanks to all readers who made suggestions for talented local artists like Miro Davis.

Davis primarily works in clay from a small but efficient home studio transformed from a garage.

"I love clay, I never tire of clay. I don't even use that many tools, I just take my fingers right to it," Davis says.

"It's just a sensual and tactile material. You can transform it to be anything."

For Davis, her art is meant to be experienced by others.

"To share your art, I mean you could sit here and incubate it and keep it to yourself," she adds.

"But to put it out there for others to experience, for me really is the point."

"I love clay. I never tire of clay. I don't even use that many tools, I just take my fingers right to it. It's just a sensual and tactile material."
Miro Davis



Halifax sculptor Miro Davis works with clay because it can transform into anything. ALL PHOTOS JEFF HARPER/METRO



Above: Miro Davis makes microcosm art with clay and a sardine can.



Right: One of Davis's pieces — inspired by Sandro Botticelli's Birth of Venus — is installed along Barrington Street near Grand Parade.

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BABY NAMES

William, Olivia win

Nova Scotia has two clear winners for baby names of the year.

The province released the most popular baby names of the year Thursday and the top names for boys and girls were William and Olivia.

At least 48 babies were named Olivia and 62 were named William.

The province registered 7,318 babies up until Monday. Other names in the top five for girls were: Abigail, Ava,

Emma and Charlotte. For boys it was Benjamin, Oliver, Noah and Liam.

There were only two new entries on the 2016 boys' list compared to 2015: John and James. For girls there were eight new names: Violet, Isla, Isabella, Claire, Lily, Evelyn, Ella and Ivy.

In 1864 when Nova Scotia started registering births, the most popular names were Mary and John.

JEN TAPLIN/FOR METRO

SALVATION ARMY

No thanks necessary, say generous donors

Dee Hawkins greeted the three strangers, looked out through the church doors and was nearly floored.

"We didn't know whether to cry or dance," the ministries co-ordinator at the Salvation Army in Truro said of the sight that met her eyes.

"We have a few bikes to donate," one of the strangers announced. And, so they did, until

a total of 16 new bicycles — each one complete with a helmet — had been wheeled inside.

"I said, 'Who do we thank?' and the lady said, 'No, we don't want any thanks,'" Hawkins recalled.

The bikes are being sorted by age group, according to the church's list of recipient families and then will be allotted through random draws. TC MEDIA



Danah Al-Radhan made a short documentary about the work of the Mobile Outreach Street Health organization. CONTRIBUTED

We all need compassion

ARTS

Dalhousie student debuts film about the city's homeless

Jen Taplin
For Metro | Halifax

Dentist/filmmaker.

Usually those two professions don't go hand-in-hand, but Kuwaiti dentistry student Danah Al-Radhan is finding a way to pursue both passions.

"I love dentistry, but I also love filmmaking on the side. My dad is actually an actor and director back home so I have a passion for both."

Al-Radhan recently completed her third film, *We All Need Compassion*, a short documentary on the work of Mobile Outreach Street Health (MOSH).

She moved to Halifax in 2009 and during her undergrad she made a video on fracking for a class — her first film. Later she entered a Canada-wide film competition for international students and won it.

"Ever since then I've just been exploring filmmaking more and more," she said.

She has a genetic tie to filmmaking, but outside of a week-long course she took last summer, Al-Radhan is untrained.

Every year Dalhousie health professions hold a fundraiser called For the Health of It in support of charity and this year MOSH was chosen. In November

Al-Radhan shot a short documentary called *We All Need Compassion* for the charity event.

She filmed people on the streets of downtown Halifax and profiled Patti Melanson with MOSH.

"I got to hear their stories and Patti's story and the things they do are amazing," Al-Radhan said. "I was really inspired by them."

Melanson said the charity benefit raised \$40,000 for MOSH.

The film was really impactful, Melanson said, because Al-Radhan told it from her own perspective.

"As someone who's studying to become a dentist, having an interest in all of the citizens that live in our community ... was really meaningful to us," Melanson said. "Not just did I feel she reflected what we did and the work, but also esthetically it was really nice."

+ CAREER PATH

Now on break from school for the holidays, Danah Al-Radhan said she'd somehow like to pursue a career in both dentistry and filmmaking.

"I always saw them as two different paths that are going to merge together and probably will with the way life works," she said. "I never actually planned to use it for dentistry really, but the thing I love about it is there is no better way to express and bring attention to things than filmmaking."

WARMEST THOUGHTS

and Best Wishes
for a Safe and Wonderful
HOLIDAY
season

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Roger Steele has been driving Edmonton buses for 35 years, helping those in need with a cup of java. KEVIN TUONG/FOR METRO

GOOD NEWS DIGEST

Positive stories from around the nation

Bus driver's good deeds don't go unnoticed

Edmonton Transit bus driver Roger Steele began to cry after reading the first line of a Christmas card he received from a mother of a young commuter.

"My son has mentioned you're so awesome and have been picking up the kids walking to school in the extremely cold temperatures," the card read. "Your kindness has not gone unnoticed ... Merry Christmas!"

Earlier in December, while driving the No. 10, 11 and 162, Steele supplied transit customers with hot Tim Hortons coffees and doughnuts. The temperature was -20 C, and he was celebrating his 35-year anniversary as a driver.

"It doesn't cost much," he said. JEREMY SIMES/METRO EDMONTON

Black Girl's Magazine: For black girls, by black girls

In a world where pop culture rules, black girls are almost invisible.

That's what prompted the launch of Black Girl's Magazine — created by black girls, aimed at young female readers.

Annette Bazira-Okafor

is the driving force behind the new publication.

She's been working on the magazine with a group of young girls from across Southern Ontario for the past few months, meeting regularly at her house to come up with stories.

KIM ZARZOUR/METROLAND

B.C. teen parents learn the art of the lullaby

On their last day of school before the holidays, Rena Nadeau and Jordan Baptiste held their 10-month-old son Kaesen as a piano played through a classroom stereo.

"Know your Dada loves you, know your Dada needs you," a voice intoned soothingly. Baptiste, 17, wrote the lullaby to help get his son to sleep at night. But he said that he also hoped to change the way people see teen dads like him.

"I wanted to kill the stereotype of the teen dad being unsuccessful," he said.

The lullabies are the result of songwriting sessions brought to their classroom by Andrea Unrau, a faculty member at the Sarah McLachlan School of Music, which also donated a keyboard and stereo.

DAVID P. BALL/METRO VANCOUVER



Barb Marshall is the creator of Make It Merry, a campaign where individuals are invited to handwrite Christmas cards for delivery to three Calgary homeless shelters. JENNIFER FRIESEN/FOR METRO

Make it Merry ready to spread national cheer

SEASON'S GREETINGS

Campaign delivers a bit of Christmas to homeless

Josie Lukey
For Metro | Calgary

It's Barb Marshall's favourite time of year.

No, it's not exactly celebrating Christmas; it's delivering more than 2,500 handwritten Christmas cards to Calgary's

homeless.

As creator of Make It Merry, a campaign in which individuals are invited to handwrite Christmas cards for delivery to three Calgary homeless shelters, Marshall said the generosity of Calgarians and individuals from across the globe is why the campaign exceeded its original goal of 2,100 cards.

"It's crazy — crazy in a good way, of course, but amazing," said Marshall. "We've had cards come as far as Korea, Turkey, several from the U.S. and all across Canada."

Now, Marshall said she's calling up other agencies in



It's practically very feasible for anybody of any age, it's the cost of a stamp, if that. Barb Marshall

the city to see if she can give them cards.

Last year, the organization only had a goal of 80 cards — and they ended up receiving more than 1,200. Next year, Marshall said, she wants to go nationwide with Make It Merry, hoping to set up pilot projects in cities with homeless populations.

"The beauty of Make It Merry is that it's not only completely

meaningful to give a handwritten Christmas card, but it's practically very feasible for anybody of any age. It's the cost of a stamp, if that," said Marshall.

According to Marshall, no one has ever refused a card from the campaign. Instead, Marshall said, the campaign breaks down stereotypes and builds relationships between two strangers with a simple gesture.

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Dogs rescued by Humane Society International from China's Yulin Dog Meat Festival are "ambassadors" for a campaign to ban the industry in China. CONTRIBUTED

Rescue dogs make happy landing

HOLIDAY MIRACLE

Animals from China market could be soon up for adoption



Dylan C. Robertson
For Metro | Ottawa

Ten dogs will touch down Friday in Ottawa after escaping a gruesome trade that harms canines across Asia.

The Humane Society International has rescued 110 future pets from China's Yulin Dog Meat Festival.

"These animals were incredibly traumatized. When we found them, they were crammed together so tightly in rusty iron cages that they could barely move. They were covered with open sores and skin infections," said Rebecca Aldworth, HSI's Canada head.

"It's completely overwhelming, when you think that this is something that happens to 30 million dogs every year

throughout Asia."

While a cheap source of protein, dog meat has grown increasingly controversial in China, especially for how the dogs are treated.

That's why HSI obtained, it won't say how, 172 dogs from the June festival and nursed them back to health. Some were fostered locally, but the practice remains uncommon in China. This week, after months of bureaucratic hurdles, 110 dogs were approved for export and driven 18 hours through a smog storm to the Beijing airport.

"It truly has been a holiday miracle. They got on the last available flight to Canada," Aldworth said Thursday afternoon, while the dogs sat inside an airplane over the Pacific Ocean.

In Ottawa, the Bytown Association for Rescued Canines (BARK) will welcome 10 of these dogs, who could be put up for adoption within months.

For Aldworth, the dogs are "ambassadors" for a campaign to ban the industry in China.

"We will not stop until the dog-meat trade is shut down for good."

ANIMAL RESCUE

Habib and Dolly get group to think global

Sarah Hoyles
For Metro | Edmonton

Habib and Dolly are two dogs that will have their first Christmas in a house this year thanks to a local rescue organization that's thinking globally.

Habib is a two-year-old mixed breed dog flown in from Cairo, Egypt, in early December. After suffering trauma as a puppy, probably after being

hit by a car, Habib lost use of his hind legs. Dolly is a seven-year-old dog rescued from the canine meat trade in Thailand.

Both came to Edmonton through Zoe's Animal Rescue.

"Most of our animals are local, but we also believe that part of helping is to look globally," said Tracy Tingy, a Zoe's volunteer who is also adopting Habib.

In Egypt, Habib had to drag his hindquarters along the ground as he searched for food.



Habib in his PJs. CONTRIBUTED

He was found on the streets of Cairo by the Egyptian Society for Mercy to Animals (ESMA).

A volunteer with Zoe's animal rescue visited the shelter

and felt the Edmonton organization could help the little dog.

Habib was flown to Edmonton recently and is receiving medical care. He's undergoing surgery to amputate his tail and back legs, but his quality of life won't suffer, Tingy said.

The local rescue has launched a wheelchair and drag bag program, where volunteers will build wheelchairs and sew together fabric bandages for the dogs with limited mobility in ESMA's care.

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Finding happiness in the time of Trump

Despite the real and metaphorical darkness, you can find joy in lovers, friends, neighbours, strangers and more

ROSEMARY WESTWOOD
From the U.S.



You can't say there wasn't magic, of a kind, in 2016.

Despite no applicable experience, a legacy of bankruptcy, ignorance and even hostility towards the U.S. constitution, a campaign built on lies and ego, and uttering the word "pussy," Donald Trump will be the next U.S. president.

If he's sniffing anything, it's gotta be pixie dust. But his powers, let's call them, have their limits.

Despite so-called post-Trump disorder, it's not the case that Trump can drain the entire country of joy. Despite the real and metaphorical darkness of the hour, you can, in fact, be happy in America.

It's perhaps easiest in a city like New Orleans, where a convivial outlook is practically required. Nothing stops les bon temps from rolling.

And it's not because the city has a whole lot to celebrate, from certain perspectives. To name just a few: Thirty-nine per cent of



A Christmas-themed campaign sign during a rally with President-elect Donald Trump and Vice President-elect Mike Pence, in Orlando, Fla. on Dec. 16.
AFP/GETTY IMAGES

children here live in poverty. New Orleans had double the homicide rate of similar U.S. cities in 2015. The gap in prosperity between black and white residents has widened by 37 per cent since Hurricane Katrina hit in 2005.

But perhaps that's part of it. Perhaps the reality of many lives here requires more joy, demands that you dance down the street on Sunday, rain or shine, in a second line parade.

I see the lesson this way: Why not do what you can, everything you can, to love this life?

It's not the same thing as denial. Not at all. I'm a true Trump skeptic, a newly minted acolyte of journalist Masha Gessen and her argument that Trump's rule will be an autocracy, someone who believes Trump stands to worsen every single aspect of American public life his government touches, never mind the

danger he poses internationally. I'm someone genuinely fearful for press freedom, equal rights, and the legislative free-for-all about to descend on the 32 Republican-controlled states.

But simply hating Trump and all that he stands for will do little to improve the chances of 2017. It's emotionally alluring political retail therapy, and utterly useless. Considering these purely bleak times is just another failure of

imagination, and we've had quite enough of that for one year. It's also an insult to all people who have and are suffering, and yet cultivate pleasure in life.

In New Orleans, the first and best source of happiness is one another, lovers, friends, neighbours, strangers, meaningful relationships of any shape built on decency, kindness, and caring. Bask in them. Snuggle them like an anti-Trump security

blanket. Say "I love you" an obscene amount of times, if that's your thing (yes, it's my thing).

The second best source of happiness, which New Orleans also has no shortage of, is meaningful work. Not necessarily your job, though it could be that. But something you do, some way you contribute to your community or country or world. Trump's election has sparked a wave of left-wing activist sentiment and unprecedented support for institutions like Planned Parenthood and the New York Times. It's reminded us that progress is earned. That every right we enjoy was fought and paid for. And that we need to work together.

I'll take my cue, in part, from Samantha Bee, who has been matching bulls— with belly laughs all year, and who recently sat down with, of all people, Glenn Beck.

"It's all of us, against Trumpism," she implored.

"I agree," Beck said. "We tear each other apart and we don't see the human on the other side."

And then they held hands — all four of them.

That, my friends, is magic, too.

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THE RULES: HOLIDAY MEALS

In these troubled times, it's only polite to fight the good fight at your next festive family dinner — as long as you keep it clean.

It's been a crazy year, with the election in the U.S. and an upsurge of extremist declamations in Canada dividing many of us along class, race, economic and gender lines.

In spite of these differences, however, I believe in my heart of hearts that most of us, wherever we stand on the issues, ultimately want to come together. Granted, this will require a heroic amount of listening, humility and empathy, and I'll be the first to admit that those qualities don't always come easy.

Further complicating things is that proper etiquette doesn't always mean keeping your mouth shut.

It's all well and fine to smooth things over at a holiday dinner when someone spills gravy or passes gas during the meal. But the truly well-mannered person will never stay silent when others promote false or hateful ideas in

public or private.

This doesn't mean you get to yell and scream, or throw punches, or deliberately spill the gravy over a disagreeable relative's head.

It does mean you have a moral imperative to speak up and address problematic statements if they arise. For example, it's perfectly polite to say things like:

"Those numbers are false."

"That story is false."

"That statement is homophobic/sexist/racist."

"That kind of language is unacceptable."

"We listened to you express your views, and I'd ask that you now listen to me/him/her with the same courtesy."

At this point, the argument will take one of two paths. The first possibility is that one of the arguers will prove themselves to be incapable of mutually respectful discourse and dissolve into a toxic puddle of

insults and wilful ignorance. So be it. Once you have fulfilled the moral imperative of calling them out on blatant falsehoods and un-Canadian slurs against marginalized groups, there's no point in further engagement. You may withdraw from the ring, and even walk away from the table if they keep punching below

the belt.

Now, you might ask: why bother calling them out at all, if you know they're going to react this way? Obviously, such a dirty fighter will never change their game. But it's important to make them aware their position isn't inviolable. If everyone is silent when people tell lies and sling slurs, it reinforces the idea all round that such behaviour is acceptable.

Ideally, the dinner-table fracas will take the second path: a fair fight where all parties are willing to listen to one another, and maybe even willing to keep an open mind about their own position.

In this case, you might want to say something like: "I'm genuinely curious about where your views come from, and why you believe the things you're saying. What is it you're most worried about, or afraid of?" You should also consider your own answer to this question.

By the time it's all over, assuming everyone is still at the table, no one is in tears and there's more food inside all of you than on the walls, you might want to indulge in a little speechifying. We are so lucky in Canada. Most of us live with such privilege — we're safe from war, hunger, poverty. We have health care and a social safety net. Sure, we have problems, like any other society. But overall we're justifiably envied by the rest of the world for our tolerance of others, our good manners, our beautiful country and our peaceful, well-ordered, proudly multicultural communities.

We've achieved more here than any other civilization in history, but it's fragile. To preserve everything that's precious, we need to find a way to work together, to allay the fears, to stop anyone from feeling marginalized or exploited or unheard. The fact is, we have so much more in common than the prejudices that divide us.

Happy holidays, from everyone at Metro.

Need advice?
Email Ellen:
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VICKY MOCHAMA

A Christmas tradition like no other: Catharsis by jigsaw puzzle

My father doesn't ask his family for much.

He really likes 1,000-piece puzzles, and each year we gather around to help. Instead of presents, we give each other tiny pieces of stress that "look like the corner of that air balloon or maybe that one instead."

This quaint family Christmas scene is actually a seething mess of emotions. It's not Christmas until someone has accused my mother of sabotaging the family by moving the puzzle. And it's not confined to our family. If you walk through our house at any point during the holidays, you will get dragged into the Puzzle Problem. The cost of a free meal and good company at Casa Mochama is at least one hour bent over a puzzle.

My father, a statistician, isn't excited by much — besides his kids (50 per cent of us, 50 per cent of the time) and complex math jokes (see above). He is so ecstatic over this year's puzzle that he sent a warning text. When I ask one of my sisters how she feels her reply is "Noooooo!"

"Because last year Tyler and I couldn't get to sleep because we had to keep going." Last Christmas, she and Tyler were engaged. Puzzle vortex aside, he still said, "I do."

"Puzzles will ruin my marriage," my sister complains.

This clearly isn't my dad's gambit at family unity. Even if you wake up early when

all through the house not a person is stirring, you'd better assemble a corner or you risk being kicked out of the house. Once you're conscripted to serve in the Puzzle Platoon, there is no escape. When it comes to puzzle completion, my father is a drill sergeant.

Yet the whole miserable slog is kind of useful.

Instead of a manufactured atmosphere of joy (unless your family are opera singers, no one enjoys carolling together), it is much healthier to go through the stages of grief with family and friends.

We start with the denial that we're going to get caught up in it. Not this year, man, not me. I'm here to read books and eat my weight in stuffing. Soon after, anger descends: In different and unprintable ways, almost everyone expresses that "this is a really stupid idea."

Next, bargaining. If only we'd picked the 500-piece puzzle about a farm, we could eat dinner before midnight. Then depression sets in: Life itself is a puzzle with an infinite number of pieces and, thus, nothing can be solved. The wine comes out.

Finally, acceptance. It is only a puzzle, not the end of the world. But if the apocalypse is nigh, what better group of people to be toiling over a puzzle with?

A puzzle might one day break our family apart, but we're emotionally ready for it.

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IN FOCUS

In Hollywood, you really do have to fake it to make it

Richard Crouse
For Metro Canada



*On a film set the weather is frightful;
But on screen it's so delightful;
And since snow in July is a no go;
Let it fake snow! Let it fake snow!
Let it fake snow!*

Are those beads of sweat on Santa's brow? It just might be. Movies set at and released during the Christmas season are usually shot when most people are wearing bathing suits, not parkas. So how do you make it look a lot like Christmas? Fake snow — i.e. cellulose flakes, snow sheets, snow blankets, acrylic icicles — and lots of it. Here's a look at how Hollywood creates sleigh ride in summer.

1. Snow Business Hollywood, a leader in providing fake snow for film production, says they have 168 products used to create screen snow. What's the advantage to filmmakers of using artificial snow on a film set? "You can control it," says owner Roland Hathaway. "Also, you're never dealing with the cold weather."



Snowing in the south of France in May? Hollywood can make it happen. Actors Jim Carrey, Robin Wright Penn and Colin Firth frolic in flurries of fake snow bought in for the Cannes Film Festival premiere of *A Christmas Carol* in 2009. GETTY IMAGES FILE

2. To create the sound of swirling snow heard on Hoth in *The Empire Strikes Back*, Foley Artists recorded surf sounds and tinkered with the sound by raising and lowering the volume. The *Empire Strikes Back* was shot at Elstree Studios, Borehamwood, Hertfordshire, England, the same film studio where *The Shining* was made. As a result, much of the fake snow used for Kubrick's film was also used for the Hoth scenes.

3. Asbestos was often used as fake snow in Hollywood in the 1930s and 40s. The *White Christmas* sequence in *Holiday Inn* — showing

Bing Crosby singing the classic tune amid the falling snow — exposed the cast and crew to asbestos fiber.

4. The "snowy" maze near the conclusion of *The Shining* consisted of 900 tons of salt and crushed Styrofoam.

5. Fake snow was also used during the uncharacteristically snowless Denver shoot for *Die Hard 2*. Huge air fans had to be brought in to replicate snow-storm conditions.

6. Fake snow is obvious in *The Santa Clause* when a SWAT officer slips and falls on a set of steps, causing the snow to

warp. It's obviously a snow blanket and not snowflakes, either real or fake.

7. It's a *Wonderful Life* was shot in the sweltering heat of a Los Angeles summer in 1946, necessitating the need for fake snow. Instead of using cornflakes painted white — which was loud when stepped on — director Frank Capra and RKO studio's head of special effects Russel Sherman invented a quiet — and sprayable — version by mixing foamite with sugar, water and soap flakes to create the winter wonderland of Bedford Falls.

8. The usually snowy Minneapolis/St. Paul International Airport was chosen as the location for the field and terminal scenes in *Airport* but the film's producers had to use bleached sawdust as a supplement, to make up for the lack of falling snow, until a snowstorm hit the Twin Cities area during the production of the film.

9. A "beginner" model movie snow machine will set you back about \$1,584.02.

10. To create blowing snow for a scene, throw laundry soap flakes or instant potato flakes in front of a powerful fan. Be warned! Soap flakes can make the set slippery. To make a snowy ground, mix 1 1/3 cups of liquid starch, 4 cups of laundry soap flakes and several drops of blue food colouring. To add a sparkling effect, add glitter.

MOVIE RATINGS by Richard Crouse

Passengers	★★
Sing	★★★
Assassin's Creed	★★★
La La Land	★★★★
Fences	★★★★
Why Him?	★★★

HOW RATING WORKS	
★★★★	SEE IT
★★★	WORTHWHILE
★★	UP TO YOU
★	SKIP IT

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Creating show-stopping numbers for Ryan Gosling and Emma Stone in *La La Land* wasn't choreographer Mandy Moore's only role in the dreamy musical. She also spent months personally teaching the stars how to dance. THE ASSOCIATED PRESS

DANCE DANCE EVOLUTION

Ryan Gosling learned to play piano and dance in more classical styles than those of his days on *The Mickey Mouse Club*.



Secrets behind the La La Land moves

ROUTINES

Choreographer says months of training went into dances

Choreographer Mandy Moore was lying under a car on the hot pavement while more than 100 dancers above her twirled through gridlocked LA freeway traffic during the opening number of *La La Land*.

The sequence was months in the making — the most complicated ever undertaken by Moore, who's been creating routines for TV's *Dancing With the Stars* and *So You Think You Can Dance* for years.

"I'm going to call it hash-tag panic attack," the Emmy-nominated choreographer said of the freeway routine, which required dozens of cars, several stuntmen, 30 professional dancers and more than 100 extras to have perfect timing during long takes.

She had to be close enough to call out cues but couldn't be seen on camera, so she hid under a car, watching on a wireless monitor. She could feel the magic from there when they got the shot.

"I still get goose bumps when I think about it," she said.

Creating that show-stopping (or starting) number and the celestial routines Ryan Gosling and Emma Stone perform in *La La Land* wasn't Moore's only role in the dreamy musical. She also spent months personally teaching the stars to dance.

A tribute to Old Hollywood and modern Los Angeles, the film is a love story set to original music, with Stone and Gosling dancing together throughout.

Each started with individual lessons at a small studio in Burbank, California — not far from the restaurant where their characters, Mia and Sebastian, first meet onscreen. Moore began with the same basics she would for any new student: connecting movement

to music and repeating classic jazz, tap and waltz patterns. Along the way, she worked to build "a general love of dance" in the actors.

Stone picked up the footwork first, Moore said, then focused on style and delivery. Gosling was the opposite.

"With Ryan, he was like, 'I don't know what step you're doing, but if you give me the style...'" she said.

"Her job is to kind of see the diamond in the rough," Gosling said, calling his teacher "a wonderful person and choreographer."

"She's very confident she can get it out of you if you'll stick with her."

Once they got the basics down, Moore put the stars together and taught them Mia and Sebastian's moves.

For *La La Land* writer-director Damien Chazelle, the most important thing about the choreography was that it be "as much about character as about bodies moving."

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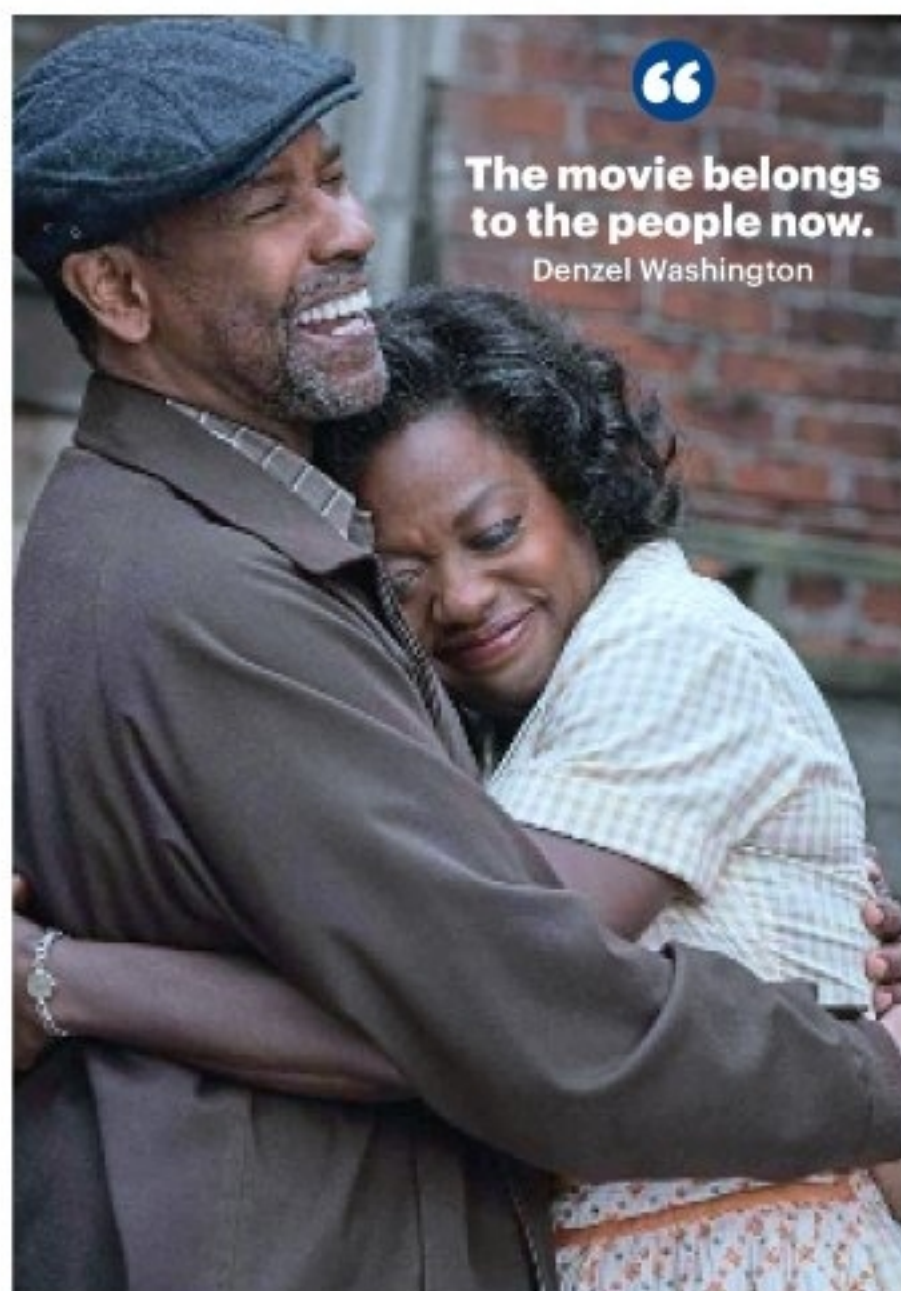
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“
The movie belongs
to the people now.
Denzel Washington

Washington can finally breathe easy about Fences

INTERVIEW

Tough calls made in play's first big screen adaption

Denzel Washington is feeling pretty good at the moment. It's mid-December in Los Angeles, Washington is a few weeks shy of his 62nd birthday, and the Screen Actors Guild has just recognized his adaptation of the August Wilson play *Fences* for its ensemble cast. He's also finally getting feedback from audiences as the film trickles out to theatres before opening wide on Christmas Day.

The ease around it is relatively new. He knew he had the goods, of course. *Fences*, Wilson's 1983 play about an African American family in 1950s Pittsburgh, had already won the Pulitzer Prize, Tony Awards for the original Broadway cast, and another batch of Tonys for Washington and Viola Davis in their 2010 revival. But, it would also be the first big

screen adaptation of a Wilson play, and only Washington's third time behind the camera.

"Going into the film, that's when there was pressure. It was like, 'That all worked, everything worked. Don't mess it up!'" says Washington. "My concern was, first, August Wilson and, second, my actors. And the Screen Actors Guild said, 'We recognize that.' So I was happy. I've kind of relaxed a little bit. And there's nothing you can do about it anyway! The movie belongs to the people now."

The few critiques that have been lobbed at the film about Troy Maxson (Washington), his wife Rose (Davis) and their family have zeroed in on that old idea that when you bring a play to the big screen, the director should "open it up" and disguise its essential play-ness. Washington hates that as criticism of his adaptation, and he gets especially animated about it.

"I did it this way on purpose because August Wilson is first, not, 'Hey! Denzel!'" Washington says, edging out of his seat.

"I can do all that. I can do ALL that. That whole big speech he made? I could have been pushing in on me. I could have done that. That's easy!"

Washington's choices to represent Wilson's material were more subtle and informed by the story and what he calls the music of the rapid-fire dialogue. In some instances, he does take it beyond the backyard where the play is set. But all those suggestions, he says, were right there in the screenplay — which Wilson wrote the bulk of before he died in 2005.

"A movie is like a home with all the different rooms. But if you overdo each room too much, it's not pleasant," Washington says.

The most difficult decisions he made during filming and editing were which actors to shoot and when. It's something that you don't have to decide in a play, when everyone can see everything happening. In some cases he extended scenes, cutting to another person in the kitchen overhearing something, or lingering on Davis for a beat

instead of closing out the scene immediately. In others, he could increase the physicality of the moment.

To visualize things better, Washington, recalling Sidney Lumet's advice, staged a two-week rehearsal. He rented out a big church in Pittsburgh, blocked out all the sets using tape on the floor, and hired understudies to be off book. It would allow him and his director of photography, Charlotte Bruus Christensen, to walk around, see all the action happening and figure out the shots from there.

"Nothing beats the confidence of having done it and having been rewarded for it. Viola Davis is not suddenly going to lose the performance somewhere between 2010 and now," he says. "So when the band got back together and we started reading we were like, 'Oh yeah, we can still play.'"

For the really tough calls, Washington says he would consult the spirit of Wilson in his sleep. Wilson's intent was always top of mind. THE ASSOCIATED PRESS

Denzel Washington and Viola Davis reunite in the film adaptation of *Fences*, opening on Christmas Day. They both won Tonys in 2010 for playing the same characters in the August Wilson play, which examines race relations in 1950s Pittsburgh. THE ASSOCIATED PRESS

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FAMILY FILM

Sing hums along with humour



Sing, starring Reese Witherspoon as Rosita, an overworked stay-at-home mama pig, is smart and entertaining. CONTRIBUTED

One can imagine the pitch meeting: It's American Idol, but animated, and everyone's an animal.

We'll star a cuddly koala. We'll get McConaughey, Witherspoon, some other A-listers. We'll throw in everyone's favourite pop songs — get Legal on the phone! And hey, we'll add a fart joke. How could it miss?

And actually, that pitch meeting would be pretty much on the money. *Sing* doesn't miss, at all.

What this new holiday entry from Illumination (*Despicable Me*, *Minions*, *The Secret Life of Pets*) might lack in originality of concept, it more than makes up for in execution — in smarts, energy, star power and plain old entertainment value. And with a satisfying ending that also packs an emotional punch, it's hard to

imagine you won't exit the theatre smiling, if not, um, singing.

The story, by writer-director Garth Jennings, revolves around Buster Moon, the aforementioned koala.

Buster is a theatre owner, and his dedication to live entertainment will be touching to all those musical lovers out there (and this IS the season for musicals). However, he appears to have horrible taste in the shows he picks. Times have been tough.

So Buster decides to put on a singing competition. He scrapes together \$1,000 for the cash prize. But due to an unfortunate typo on the flyers printed by his somewhat blind but lovable secretary, Miss Crawly (voiced by director Jennings himself), the prize is upped to \$100,000.

Needless to say, hordes show up to audition.

Which is good, because who doesn't love a good audition montage?

This amusing scene gives Jennings a chance to pull out all the stops. What ensues is a funny series of inappropriate animal/pop song mashups, like the snail singing *Ride Like the Wind*. You get the picture.

We also meet our main characters here:

•Rosita (Witherspoon) is an overworked stay-at-home mama pig — she has 25 kids and an exhausted husband, and it's pretty hard to find childcare for 25 piglets.

•Johnny (Taron Egerton) is a gorilla with a Cockney accent who's trying to break free of the criminal gang run by his father.

•Ash (Scarlett Johansson) is a teen porcupine with a jerky boyfriend and a hidden songwriting talent.

•Mike (Seth MacFarlane) is a rat with a Sinatra-esque croon and a spending problem.

•And Meena (singer Tori Kelly) is an elephant with a terrible case of stage fright.

Of course, when someone in an upbeat movie starts out with a case of stage fright, it's pretty obvious what's gonna happen by the end. So we won't even leave you in suspense on that.

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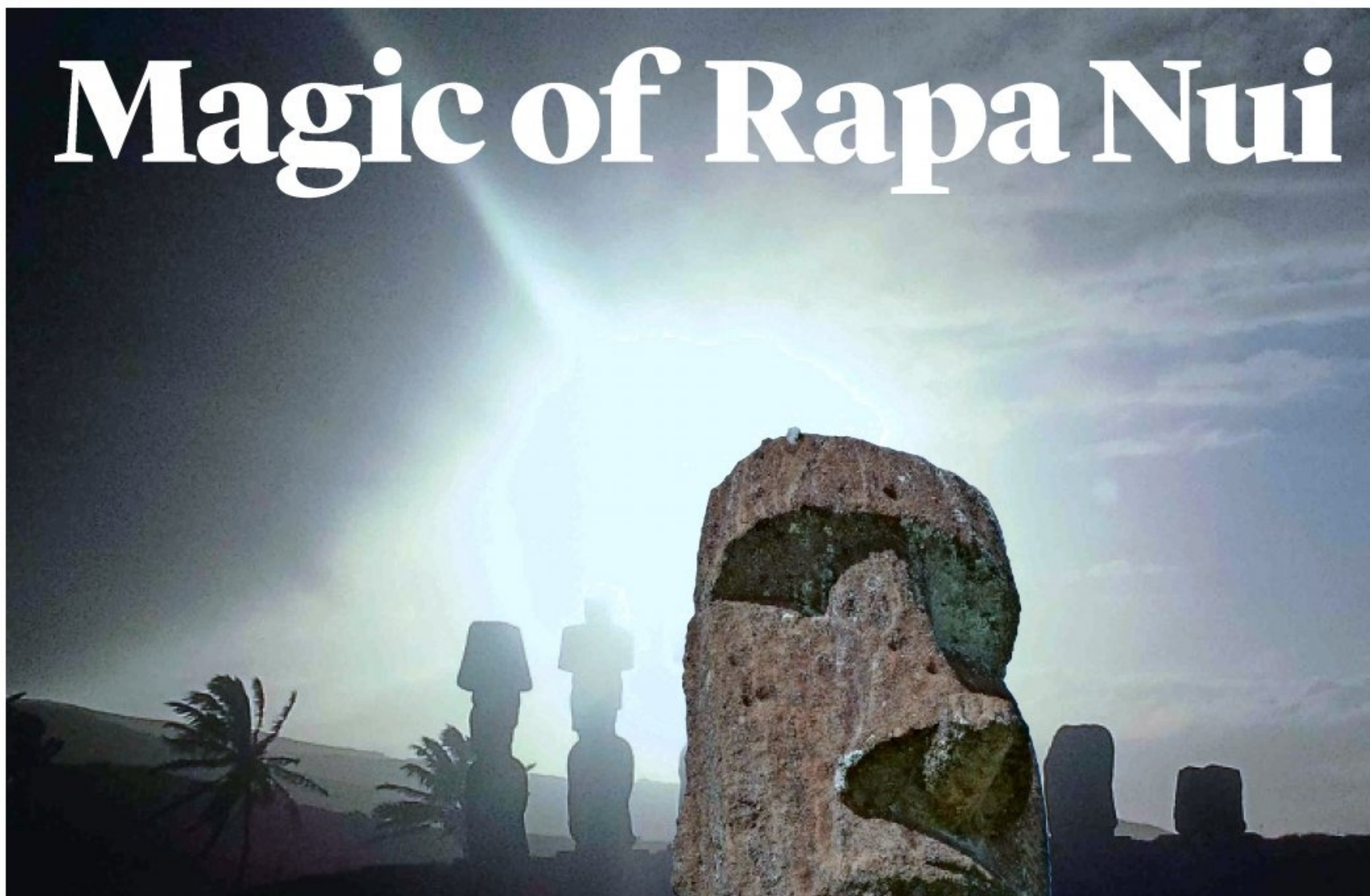
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Magic of Rapa Nui



The striking statues found all over Rapa Nui — better known as Easter Island to westerners — are nine metres high, weigh 14 tons, and are shrouded in mystery. AURÉLIE RESCH/FOR METRO; ISTOCK

PACIFIC

Easter Island's statues hold key to its secrets

Aurélié Resch
For Metro Canada

I am four. I stare unblinkingly at the candle I just made with my mother. It is an impressive, stern face with a long nose and a big forehead.

"These statues can be found on Easter Island, far away from here in the middle of the Pacific Ocean," my mother tells me. I never lit the candle. I stared at it. For a long, long time.

Forty years later, I gaze at

the Moaïs lying down on the grass.

I'm in the "Pacific's navel" on a tiny island located 3,700 kilometres from Chile and 4,000 km from Tahiti — Rapa Nui for natives, Easter Island for westerners, and best known for its monolithic sculptures that first appeared here between the years 1,250 to 1,500.

Tavi, my guide at Explora and a native from the island, takes me on hikes every day to meet these impressive statues.

"Rapa Nui is all about mystery and legends," he says.

He explains that the nine-metre high heads (weighing some 14 tons) were sculpted out of the volcanic rock from the Rano Raraku volcano we just climbed. They were moved to villages and erected turn-

ing their back on the ocean. Moaïs represented the souls of brave warriors, looking after their family and their people.

"The ones lying down the ground fell during the transport. They couldn't be erected," Tavi says. "They needed to be perfect for that."

I look at the abandoned, expressionless faces and I somehow feel sad. They never made it.

Tavi tells me about the birdmen legend. Natives used to dive from a little rock we can see in a distance. They swam and fought with sharks before they

reached the little rock where sacred birds laid their eggs. They would bring one back up the cliff to the Make-ma-ke-god and then be appointed chief of their tribe.

I didn't dive from the cliff into the ocean, but I did swim with sea turtles,

IF YOU GO

Getting there

Copa Airlines takes you from Canada to Chile via Panama. Latam takes you from Santiago, Chile to Rapa Nui.

Where to stay

Explora Rapa Nui is a luxury ecolodge nestled in the land. Explora offers many excursions through the islands conducted by native knowledgeable guides.

who appear on hieroglyphs scattered on the island.

They seem to swim to the shore where the sentinels are keeping the island's secrets.

Canada looks to set pace with its speed and grit

WORLD JUNIORS

Hosts have not allowed a goal in first two exhibition tilts

Playing on home ice with a team built for speed and tenacity could be a winning combination for Canada at the world junior hockey championship.

While Canada is missing teenage stars like Connor McDavid and Mitch Marner, who have already graduated to the National Hockey League, their closest rivals will also be without top talent at the tournament, which runs from Monday to Jan. 5 in Toronto and Montreal.

Coach Dominique Ducharme — the former Halifax Mooseheads bench boss — brings a team four lines deep in scoring ability with a decent defence and what they expect will be better goaltending with Carter Hart and Connor Ingram than the Canadian side that was eliminated by Finland in the quarter-finals of last year's world juniors in Helsinki.

Canada has five players back from that team: forwards Dylan Strome, Julien Gauthier, Mitchell Stephens and Mathew Barzal and defenceman Thomas Chabot. Forwards like QMJHL goals leader Mathieu Joseph, 2016 third-overall draft NHL pick Pierre-Luc

16
The number of times Canada has won the event since its inception in 1977.

Dubois, Ontario Hockey League scoring ace Taylor Raddysh and University of North Dakota digger Tyson Jost should give them four lines that can provide offence.

"Our pace and our skill and how hard we work, we put those three things together and it really works well," Jost said this week. "We're also a tight group off the ice and that benefits us on the ice."

"One thing you really need in a short competition is for everyone to be close off the ice. You can see that in our dressing room."

Canada will be the favourite on the NHL-sized rinks at home, where it won two years ago when the event was also held in Toronto and Montreal. It was the only medal Canada has won in the last four world juniors, with the other three played on international-size ice in Europe.

The United States, learning



Canada's Taylor Raddysh scores against Finland goaltender Veini Vehvilainen during exhibition action in Montreal on Monday. Canada won 5-0 and followed that up with another 5-0 win over the Czech Republic on Wednesday. GRAHAM HUGHES/THE CANADIAN PRESS

that scoring ace and Vancouver Canucks prospect Brock Boeser will sit out with a wrist injury, should also be in the hunt along with Finland, Russia and Sweden.

Besides McDavid and Marner, Canadians who are eligible but weren't loaned for the tournament include defenceman Jakob

Chychrun and forwards Travis Konecny, Anthony Beauvillier and Lawson Crouse.

The Americans are also missing Auston Matthews, Matthew Tkachuk, Zach Werenski and Noah Hanifin, while Finland is without the top three scorers from last year's tournament — Patrik Laine, Jesse Puljujarvi and Sebastian Aho.

Even some top draft-eligible prospects like Canada's Nolan Patrick and American Casey Mittelstadt are out with injuries,

but there are other 17-year-olds expected to go high in the 2017 draft to watch, such as the Moosheads' Nico Hischier of Switzerland, Czech forward Martin Necas, Sweden's Elias Pettersson and nine young Finns including Eeli Tolvanen, Miro Heiskanen, Juuso Valimaki and Urho Vaakanainen.

There is also 16-year-old Swedish defenceman Rasmus Dahlin, who some see as the first overall draft pick in 2018.

THE CANADIAN PRESS

IN BRIEF

Warriors' Green gets early Christmas gift in baby boy
Draymond Green returned to the Bay Area on Thursday to welcome his new baby boy.

Draymond Jamal Green Jr. was born at 3:55 a.m. Thursday, the Warriors said, and his father was set to miss Golden State's game Thursday at Brooklyn. His status for Friday's matchup at Detroit and Sunday at Cleveland was still to be determined.

Green leads Golden State in rebounds (8.8), assists (7.2) and steals (2.3) while averaging 10.6 points. THE ASSOCIATED PRESS

Jones to return to Falcons lineup against Panthers

Atlanta Falcons coach Dan Quinn says star wide receiver Julio Jones will play Saturday at Carolina after missing two games with a toe sprain.

Jones' return was expected after he ran full speed at Wednesday's practice.

Jones still leads the NFL with 1,253 yards receiving. THE ASSOCIATED PRESS

Thompson wins ski cross World Cup tour

Marielle Thompson ended up as the overall winner of the Audi FIS Ski Cross World Cup Cross Alps Tour after a fourth-place finish in the final race of the series on Thursday.

The native of Whistler, B.C., won three of the tour's six races.

THE CANADIAN PRESS

“We're coming together ... The chemistry's building and that's a good thing for this tournament.”
Canada captain Dylan Strome



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Black Beatles
- 5 Shaun Frank ft. Ashe
Let You Get Away
- 4 Zayn ft. Taylor Swift
I Don't Want To Live Forever
- 3 The Weeknd
I Feel It Coming
- 2 Drake
Fake Love
- 1 PARTYNEXTDOOR
Not Nice

Find the Virgin Radio mix: [Twitter](#) [Facebook](#)

Cubs win came just in time for dying fans

MLB

Championship helped ailing to rest in peace, relatives say

At the end, not much was getting through to Helen Weithman. The memories she collected over 98 years were slipping away. When Kathleen Strobel talked to her, she could tell by the blank look on her mom's face that she didn't understand a lot of what she was saying.

Then came the World Series.

"She really came alive when it started and they had the Cubs games on," Strobel said. "When we started talking about it she said, 'They haven't won since I was born.' It was probably the last thing we shared with her because she died on November 29th."

Strobel hasn't wondered if the hope of finally witnessing her Cubbies win it all added a little time to her mom's life. Studies have suggested that no one can will themselves to stay alive just a little bit longer.

Try telling that to the families of some Chicago Cubs fans who are convinced their loved ones

hung on to see the team win its first Series in 108 years.

Robert Matijevich doesn't know much about all the studies. He just knows what he saw at the North Chicago home where he lived with his father.

"He was really going downhill but in the World Series he was eating better, sleeping more," Matijevich said of his 88-year-old father, John. "When the Cubs won, he said, 'They did it in my lifetime.' He died that night. Did the older Matijevich stick around long enough to see the Cubs win the World Series?"

"I really think that was the reason, I really do," said his son.

In 2004, as Boston was basking in an at-long-last World Series win, biostatisticians at Ohio State University threw water on stories about dying fans who kept themselves alive long enough to witness the first Red Sox title in 86 years. Their study concluded there was no evidence that cancer patients willed themselves to live just a bit longer.

The study's co-author, Dr. Donn Young, a now-retired researcher at the university's Comprehensive Cancer Center said what is more likely was explained in another study that found people remember positive events more than they do nega-

tive ones — meaning nurses and other caregivers are more likely to recall those patients who made it through the holidays than those who didn't.

Still, Young acknowledged some of the ailing might eat better, more faithfully take their medicine and get plenty of rest in the hopes of reaching a milestone. And there is no underestimating the value of the smiles and the general bliss for Cubs fans the night of Nov. 2. There is no forgetting, at least for a little while, the distraction that the Cubs provided to those who had just hours or days to live.

THE ASSOCIATED PRESS



Hundreds of thousands of Cubs fans celebrated at the World Series parade on Nov. 4 in Chicago.

NAM Y. HUH/THE ASSOCIATED PRESS

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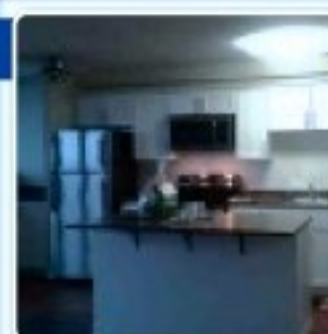
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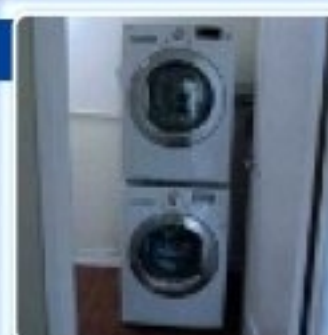
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PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

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Ready in 40 minutes

Prep time: 10 minutes
Cook time: 30 minutes
Serves 4

Ingredients

- 2 Tbsp olive oil
- 1 onion, diced quite fine
- 3 or 4 cloves garlic, minced
- 1 tsp paprika
- 1/2 tsp ground cumin
- chili flakes (optional)
- 1 can (28 oz) whole tomatoes
- 1 Tbsp tomato paste
- Salt and pepper
- 6 eggs
- 1/4 cup crumbled feta
- Handful of chopped basil or parsley

Directions

1. Heat oil in a high-sided frying pan over medium heat. Add onion and garlic and let them begin to brown. Add the paprika, cumin and a pinch of chili and stir. Let cook about 3 minutes.

2. Pour in tomatoes and tomato paste and gently break them up. Allow sauce to simmer 20 minutes. Add salt and pepper to taste.

3. Spread sauce evenly across frying pan. Crack eggs over the sauce (I usually place five in a circle around the pan and one in the centre). Cook about 6 or 7 minutes.

4. Crumble feta and basil or parsley over the top. Shimmy a serving spoon under each egg to scoop out of the pan. Serve with crusty bread and some steamed vegetables.

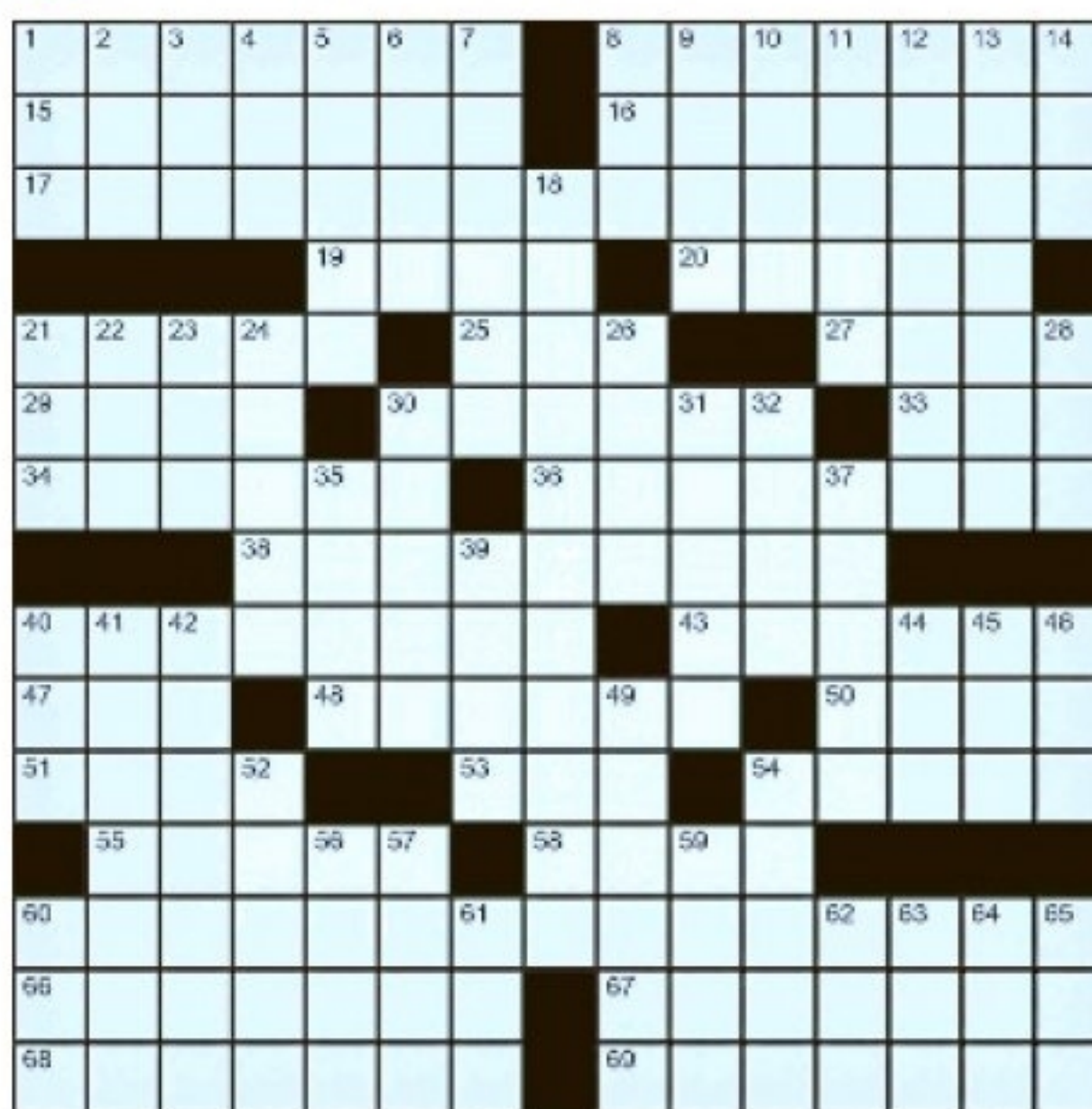
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- Traditional spinning toy at Hanukkah
- The Beatles: 2 wds.
- Without exceptions: 2 wds.
- Tiding up type
- To-the-table feast ware: 2 wds.
- Shakespeare King
- "...I care!"
- Compassion
- Mr. Danson
- Smirch
- 'Within'-meaning prefix
- Saskatchewan export
- SNL's Canadian creator's initials-sharers
- Rock tour gig
- Traditional toy gift: 2 wds.
- Yuletide yummy: 2 wds.
- Gift's version of a cake's cherry: 3 wds.
- New Brunswick's provincial tree, _ Fir
- 'Love' in JLo's 'Papi' song
- Ms. Silverman's
- Chad or Rob
- Home bill, e.g.
- 'The Simpsons' storekeeper
- "_ Hope" (Old soap opera)
- Dome-shaped Buddhist shrine
- Single-named fashion model
- "Office Christmas Party" (2016) star: 2 wds.
- _ of Aquitaine, "The Lion in Winter" (1968) character



- Like really dry skin
- James Joyce's Dublin-set 1922 novel
- Bee participant

DOWN

- Posh Spice's hubby ...his initials-sharers
- Arctic explor-

- er John
- Be off
- Bill [abbr.]
- Lacy piece on furniture
- ette cousin
- Smoothly, in music
- Gladiator's 1150
- Spanish beach

- 'waves'
- Rocker Mr. Wentz
- The _ ("Soap" family)
- Playwright Eugene's family
- Fragrant holiday gift
- Jrs. dads

- Roy Orbison Christmas song (which Willie Nelson wrote) that goes "Wrap your presents to your darling from you...": 2 wds.
- Sea: French
- Antacid brand
- Dietary letters
- Newfoundland

- comedy troupe that had a same-named CBC sketch series
- Jeanne _
- Alphabet trio
- 'Five'-meaning prefix
- Swedish cars
- Susan Aglukark's "_ Na Ho (Celebration)"
- Mr. Fleming's
- Ms. Furtado
- Literature: David Copperfield's first wife
- Songstress Ms. Cantrell
- Do better than the other realtors
- Ms. Houston
- "_ guy walks into..." (Classic joke intro)
- Grass appendage
- Not you
- Mankind members
- Belonging to Rome's moon goddess
- Marie Antoinette, par exemple
- Fastened-to-clothing jewellery
- "...friend or _?"
- In-a-row letters
- 'Game' in Gaspe
- Initials-sharers of Oscar-winner Julia's actress niece
- Roman sun deity
- Poetic contraction
- Flamenco exclamation!
- Big Apple hockey team [acronym]

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Upsets and surprises with political, religious or racial issues are taking place right now, all around you. Fortunately, warm friendships are supportive.

Taurus April 21 - May 21
Something unpredictable could affect a situation regarding inheritances, shared property, taxes or debt. Because this might happen, do your homework and get your ducks in a row

Gemini May 22 - June 21
Serious partnerships are undergoing sudden changes now. Tread carefully. Don't throw the baby out with the bathwater. Know what you want.

Cancer June 22 - July 23
Although you are working hard, you also are looking for ways to introduce reforms and improvements to your job. Something unexpected might occur to help you do this.

Leo July 24 - Aug. 23
For some time now, you have been wondering about future goals. Many of you will break out and surprise yourself by trying something different and new.

Virgo Aug. 24 - Sept. 23
The stability you want to create at home might undergo a bit of a revolution. Just stay on course, but be ready to listen to new ideas and new ways of doing things.

Libra Sept. 24 - Oct. 23
Sudden changes to your job or your residence might be taking place. You have to stay flexible. After all, the rigid trees are the first to snap in a storm.

Scorpio Oct. 24 - Nov. 22
Something unusual might affect your earnings at this time. It will be a change that ultimately might create more freedom for you.

Sagittarius Nov. 23 - Dec. 21
You're full of unusual, revolutionary ideas right now. You want to do something different. You want to buck the system and carve out a new path for yourself.

Capricorn Dec. 22 - Jan. 20
Something secretive and surprising is going on behind the scenes. Whatever it is will not be a secret for long. Be aware of this.

Aquarius Jan. 21 - Feb. 19
Your long-term relationship with a friend or a group might need to be changed now. Something is up for grabs, which means you have to be alert. Don't be afraid of change.

Pisces Feb. 20 - March 20
Many of you want more freedom in your career or your job. You want to be self-employed, or you want to have the chance to call your own shots. Now is the time to test new ideas.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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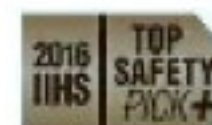
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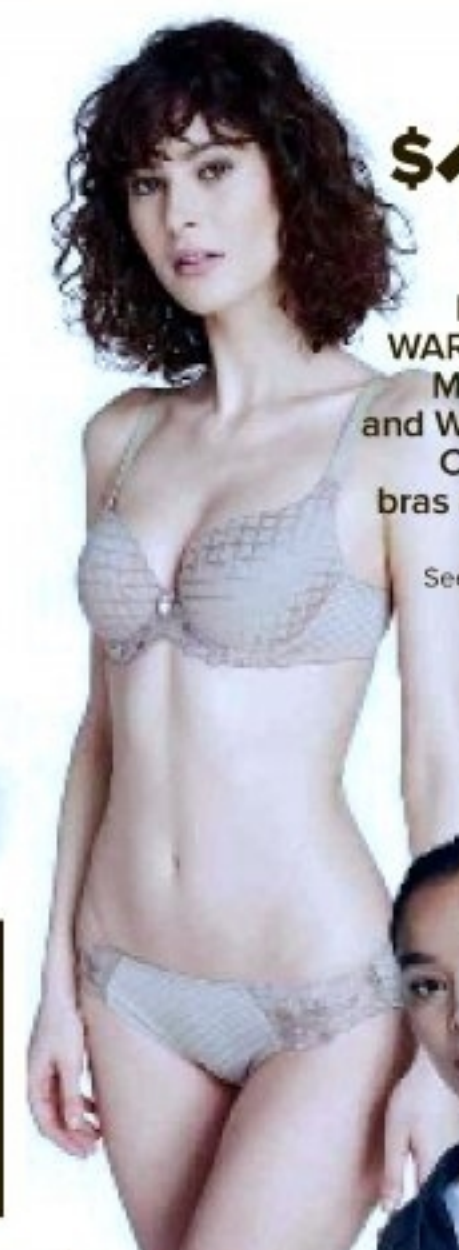
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Saying goodbye and hello



Vicky Mochama
Metro

If 2016 was a movie, it could be nominated in every single category. There was drama, comedy, action, and reality TV — and that was just the American election. If 2016 had to be played by one actor, it'd be Meryl Streep. Only Meryl has the range to hit all the highs and lows that 2016 took us through.

This issue of Metro is a retrospective of all the moments that delighted, frightened and surprised us like only Meryl could.

It is also a look forward to the year ahead. The next

12 months will look nothing like that last 12.


Change — big or small, desired or not — is the enduring quality of our time. Our cities, provinces, and country will not stay the same.

And really, neither will we.

At the beginning of 2017, many of us will resolve to change for the better. Gym memberships will not be used. Plans to spend less money will fall apart. (New shoes, new you?) New Year's resolutions will be forgotten.

But for today, Metro resolves to remember the events that changed the year and to ask:

Who will you be in 2017?



ON THE COVER

The people and things that made the news in 2106, and will be making news next year

COVER COLLAGE BY ANDRES PLANA

1. The grey jay
2. Penny Oleksiak
3. The Toronto Blue Jays
4. Fort McMurray
5. Barack Obama
6. Aleppo, Syria
7. Prince
8. Fidel Castro
9. Refugees
10. Leonard Cohen
11. Hillary Clinton
12. David Bowie
13. Star Wars: Rogue One
14. Chris Rock at the White Oscars
15. Rob Ford
16. One of Toronto's elusive capybaras
17. Donald Trump
18. Vladimir Putin
19. Ryan Reynolds
20. Ryan Gosling
21. Skinny buildings for generation squeeze
22. Indigenous reconciliation
23. Justin Trudeau
24. Sophie Gregoire-Trudeau
25. Brexit
26. Beyoncé
27. Pot legalization
28. Purple Asparagus
29. Cycling and road safety



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1 ISSUES THAT MATTERED

Plea to end gun violence, racism

2016 THE YEAR THAT WAS...

Police have yet to bring in charges in most '16 homicides



Yvette d'Entremont
Metro | Halifax

The spate of gun violence that plagued Halifax this past year forced the community to start asking some tough questions.

Of the city's 12 homicides (to Dec. 14), seven were gun deaths of black men.

Six of them were young black men under the age of 30.

"Our black population isn't that big," Quentrel Provo told Metro Halifax in a Nov. 14 interview following the shooting death of Shakur Jefferies, the sixth young black male shot to death.

"Why isn't this the biggest and most important issue that we're dealing with here in Nova Scotia?"

The founder of the Stop the Violence movement wasn't the only one left frustrated and desperate to find solutions to end the bloodshed.

He called on the entire community, all three levels of government, and police to work together to find sustainable and meaningful solutions.

The statistical anomaly of six young black men under 30 gunned down in the course of eight months in Halifax led to national media exposure and questions about how to deal with longstanding issues of



Quentrel Provo snaps a photo of the crowd marching down Novalea Drive in April. Provo organized the peace march in response to a rash of gun violence.

METRO FILE

systemic racism and inequality that exist in Nova Scotia.

CeaseFire Halifax senior outreach worker Carlos Beals told Metro last month that we need "all hands on deck" to fix the problem of gun violence in Halifax.

"I think it just shows that we have a crisis in our city, specifically among the African Nova Scotian community," Beals said.

In October, CeaseFire Hali-

fax began hosting what it calls community response team meetings. The teams serve as a support system for the organization in the target communities of Dartmouth

North, Uniacke Square, Mulgrave Park and North Preston.

Halifax Peninsula North Coun. Lindell Smith also addressed the issue of gun violence late last month.



I think it just shows that we have a crisis in our city, specifically among the African Nova Scotian community. Carlos Beals, CeaseFire Halifax

"At this point, whatever we've done for the past year or so hasn't worked, so really it's down to saying, 'Community, you need to tell us what we need to do,' and we need to listen," Smith said.

Smith said before they can effectively deal with the problem, government officials have to determine how they can support the community's needs and wants.

The African Nova Scotian

community held what it called a 'State of Emergency African Nova Scotian Family Meeting' at the Halifax North Branch Library on Nov. 28.

Media were asked to stay away as the meeting was intended to offer a safe space for those affected by the issue of gun violence and for those in the community who wished to speak openly.

That meeting was expected to be the first of several.



Happy New Year!

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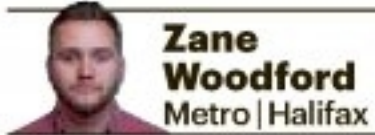


2 ISSUES THAT MATTERED

Fresh face of city council

POLITICS

Upsets and victories for novice councillors



Zane Woodford
Metro | Halifax

Halifax regional council got a new face this year. Next year, we'll find out if it got a new brain too.

This fall's municipal election saw five brand new councillors walk through the door at City Hall.

There's the historic election of Coun. Lindell Smith, the first black councillor elected in Halifax since Graham Downey in 1996. Smith didn't just win either; he ran away with it, taking more than 50 per cent of the vote in a field of seven strong candidates.

Then there's the upsets.

Coun. Shawn Cleary beat Linda Mosher, who'd held the seat for 16 years. The results were hotly contested, even featuring an odd appearance from the Dawgfather PHD. A recount eventually affirmed Cleary's win, though Mosher's team continued to sow doubt.

And Mosher wasn't the only long-time councillor to get bumped out of chambers: Coun. Lisa Blackburn narrowly defeated Brad Johns, who'd also been in the seat for 16 years.

Some of the biggest changes are also in the big names who



From left: New councillors Shawn Cleary and Lindell Smith share a laugh with returning councillors Wayne Mason and Tony Mancini during a swearing-in ceremony for Halifax Regional Council at the NSCC campus in Dartmouth on Nov. 1. METRO FILE

aren't at City Hall anymore: Gloria McCluskey and Reg Rankin, each with more than 20 years experience in municipal politics, decided not to run in this year's election. Councillors Sam Austin and Richard Zurawski took their places in Districts 5 and 12 — both with very different priorities from their predecessors.

Will all that change mean anything? It's still too early to say.

There have only been a handful of meetings with the new

council, and those fresh to the gig are still getting their feet under them. Plus a lot of council really stayed the same, with the mayoral seat practically unchallenged and four council seats literally unchallenged.

But Mayor Mike Savage him-

self thinks this council is different.

After approving some lofty affordable housing targets earlier this month, Savage said he thinks there's more progressive thinking to come.

"I gotta be honest with you, I

do see this council pushing our mandate a little bit so that we can be more involved in things like affordable housing and anti-poverty as well," Savage said.

"I think if you look at the new councillors, I think there's sort of an activist bent there."

With the Centre Plan, the Integrated Mobility Plan and a host of other decisions coming up next year, we'll know soon enough if this council is ready to move the municipality in the right direction, or leave it sitting in traffic.



I do see this council pushing our mandate a little bit so that we can be more involved in things like affordable housing and anti-poverty as well. Mayor Mike Savage

2016 THE TOP FIVE

Other local stories that made headlines this year.

1. Mental health:

After the suicide of young Cody Glode, we launched Faces of Mental Health to get the conversation going. Let's keep it going in 2017.

2. Taxi sex assaults:

After five women reported they'd been sexually assaulted by taxi drivers, it was hard for women to feel safe in a Halifax cab this year.

3. Blue Mountain Birch Cove:

The public response to the idea of development at the proposed park in Halifax changed the minds of the powers that be, showing that your voice matters.

4. Kenny Cooley:

Metro was the first to tell Kenny's story of breaking down barriers as a young trans person, leading to international coverage.

5. Ellie Black:

She didn't bring home any hardware, but she still made us proud, claiming fifth place in the individual all-around women's artistic gymnastics competition, the highest rank ever for a Canadian.

WASTE COLLECTION & FACILITY HOURS NOTICE

NEW YEAR'S DAY GARBAGE/ORGANICS/RECYCLABLES

Residents are advised that there will be **no changes** to municipal garbage, organics or recyclables collection services due to the Christmas and New Year's holidays. Collection services will occur as usual on Monday, January 2, 2017.

Collection services can begin as early as 7 a.m. To ensure collection, residents may place materials curbside the evening prior to collection day. The Municipality's residential Household Special Waste (HSW) Depot will be Closed Saturday, December 24 and Saturday, December 31 but will be Open Saturday, January 7, 2017 from 9 a.m. to 4 p.m.

FACILITY HOURS

Otter Lake Facility Closed New Year's Day, Sunday, Jan. 1	➔	Otter Lake Facility Open Saturday Dec. 31 10 a.m. to 4 p.m. Monday, Jan. 2 7 a.m. to 7 p.m.
HRM Recycling Plant Closed Saturday, Dec. 31 New Year's Day, Sunday, Jan. 1	➔	HRM Recycling Plant Open Monday, Jan. 2 7:30 a.m. to 6 p.m.

AFTER THE HOLIDAYS...

- Paper gift wrap and boxboard can be recycled with your other paper recycling. Remember to keep all paper separate from blue bag recyclables like plastic containers and cans.
- Natural Christmas trees will be picked up on your regular green cart collection day/week. Remove all plastic, tinsel, ornaments, metal rings, nails, stands and plastic tree bags.
- For more holiday waste tips, visit halifax.ca/recycle

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2013 MAZDA 3 GS  #153822A SKY-ACTIV AUTO TRANSMISSION \$12,988*	2013 MAZDA 3 SPORT GS-L  #M2346A SKY-ACTIV, 6 SPEED, LEATHER \$14,988*	2013 MAZDA CX-5 GX  #M2263 NICE SUV \$15,988*	2012 MAZDA 2 GX  #652611A JUST 51,000K \$9,988*	2012 MAZDA 3 GS  #764709A SKY-ACTIV WITH LEATHER \$12,988*	2012 MAZDA 3 GS-L  #280681A SKY-ACTIV, LEATHER, JUST 25,000K \$12,988*
2012 MAZDA 3 SPORT GX  #M2306 MANUAL TRANSMISSION \$10,988*	2012 MAZDA 3 SPORT GX  #607698A AUTOMATIC TRANSMISSION \$10,988*	2012 MAZDA 6 GS  #D109728A 6 SPEED WITH ONLY 44,000K \$13,988*	2011 MAZDA 6 GS  #111491A AUTOMATIC TRANSMISSION \$11,988*	2010 MAZDA 3 GS  #405488A SUNROOF \$7,995*	2010 MAZDA 3 GT  #119989A ONLY 57,000K \$11,488*

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3 ISSUES THAT MATTERED

McNeil takes on the public sector



Students from Citadel High School protest outside the legislature in Halifax on Dec. 2, 2016. THE CANADIAN PRESS

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2016 THE YEAR THAT WAS...

Contract issues put education at front and centre in 2016



Haley Ryan
Metro | Halifax

In a bizarre year that saw teachers report to empty classrooms while kids stayed at home, a dramatic dispute between teachers and the province caught families in the middle.

After going head to head with the film industry, nurses and other public sector servants last year, Premier Stephen McNeil continued to hold a hard line when it came to contract talks with the Nova Scotia Teachers' Union (NSTU), even when union members rejected a tentative agreement for the second time in early October.

There was nothing new in that offer, even though teachers had been asking for months to see funds directed at specific working-condition issues like smaller class sizes, more educational support staff, and eliminating some administrative duties.

At the time, the union and teachers across the province said they needed to make a stand and show the Liberals they wouldn't have their concerns brushed aside, or put off to a committee where nothing would get done.

For the first time in decades, it was eventually decided that teachers would take up work-to-rule action after landing a strike mandate. Although parents were likely worried about how their kids would be affected, the NSTU gave a week's notice that members would only do their contract duties — meaning extras like sports, concerts and fundraisers were off.

However, in a truly unexpected move, Education Minister Karen Casey turned around the weekend before work-to-rule and announced children would be locked out of schools due to "safety concerns," leaving parents scrambling to find child care.

That Monday was likely a Twilight-Zone moment for teachers, as they wandered empty halls and playgrounds with many using the hashtag #readytoteach on social media to share photos of a gym all set up for students, or empty reading corners.

Although the legislature was brought back for the Liberals to table Bill 75, which assumedly would've imposed a contract on the province's teachers, the day dragged on with no premier in sight as hundreds

gathering outside Province House to protest the closure and support teachers.

After the government cited "new" directives from the union around safety and principal's duties, they decided the bill wasn't needed and kids could return to school.

Despite calls for Casey to step down from opposition parties, and anger from parents and the public on how the lockout was handled, McNeil said she would keep her position.

All fingers haven't been pointing at the government, either. Some take issue with the fact the teachers are asking for both a raise and keeping the Long Service Award intact, as well as millions invested in the department.

Both sides have been airing their issues in public, but whatever the balance of fault it's no secret work-to-rule hurts the whole system.

With just 20 minutes before and after school to prep and handle any student questions, teachers are left feeling more rushed, not to mention guilty about having to cut off time with students, and sometimes unsure of what they're allowed to do under the new rules.

As the year came to a close, both sides were back at the bargaining table but it remained to be seen whether there was any room for compromise, and if the new year would bring a strike, resolution or legislation forcing a contract.



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**2016 THE YEAR
THAT
WAS...**

1 Gord Downie made it to Halifax in November to perform his Secret Path show at the Rebecca Cohn. The event sold out in 20 minutes.

2 Cate Harper, daughter of Metro photographer Jeff Harper, makes a splash in the shallow waters of MacCormacks Beach, included in our Tourist in Your Own City feature.

3 Lindell Smith celebrates with this family and daughter Jahtaya, 7, after winning in District 8 as part of Halifax municipal elections in October. It had been 16 years without a black councillor at the council table.

4 Syrian refugee children, from left, Raghd Diab, Ibrahim Al Nasan, and Shahd Al Nasan play in the bubble room at the Discovery Centre during a field trip there in February.

5 Felix Webber-Rillie, 3, speeds down the back side of Citadel Hill in January.

ALL PHOTOS: JEFF HARPER/
METRO



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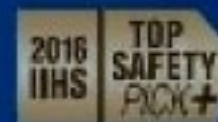
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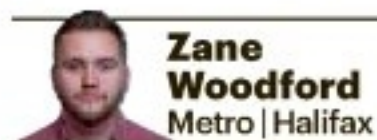
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Support for Premier slipping: Poll

THE YEAR
THAT
WILL BE **2017**

Province set to see another eventful year in political sphere



Zane Woodford
Metro | Halifax

2017 is sure to be another year of political turmoil in Nova Scotia, but this time the stakes are higher.

After a tumultuous 2015 that saw Premier Stephen McNeil sparring with the film industry, and then all public sector unions, the fight carried on in 2016.

McNeil and Co. started the year with plans to muck about with the province's pharmacare program before backtracking in the face of widespread opposition from the largest voting bloc in



Premier Stephen McNeil fields questions at a news conference in Halifax on Thursday, April 21, 2016. THE CANADIAN PRESS

Nova Scotia — seniors.

They ended the year by closing schools to lock out students and bringing the House of Assembly back in session to table legislation to impose a contract on teachers... before backtracking in the face of widespread opposition from another big group — parents.

The handling of the labour dispute with the Nova Scotia Teachers Union has left many scratching their heads — including a handful of Liberals, if the rumours are to be believed — and now the government also has to hash out a new deal with the Nova Scotia Government and Employees Union.

To add another level of difficulty, it all has to be done in time for voters to forget any of it happened.

Rumours of an election in fall 2016 turned out to be just that, but political convention dictates we're all but guaranteed one for fall 2017.

So who's it gonna be?

McNeil has seen fairly steady support through most of his reign, but it looks now like that might be slipping.

An Angus Reid poll conducted earlier this month showed support falling from 38 to 31 per cent this quarter — the biggest dip of any

Canadian premier. This time last year, McNeil was riding a 46 per cent approval rating.

The question then becomes — approval or not — can either of Nova Scotia's opposition parties beat McNeil and the Liberals while the party brand is still riding the waves of Justin Trudeau's (in) famous hair?

Nova Scotians still remember the province's first try at a New Democrat government, and new guy Gary Burrill and his team would have to make some serious gains at the ballot box.

The Progressive Conservatives, led by Jamie Baillie, would also have quite a few seats to flip to form the province's next government. The party has become proficient in making its voice heard, but with a Liberal government as blue as this one, it's tough for the PCs to carve a niche for themselves that's not left of the allegedly centrist Grits. Then again, maybe none of that matters.

The next provincial election is likely to be more of a referendum on this government's performance than a choice between parties. And after a year where our neighbours to the south taught us that polls don't mean much, it's truly anyone's guess.

31%

Support for Premier Stephen McNeil fell from 38 to 31 per cent, according to an Angus Reid poll conducted earlier this month.

2017 THE TOP FIVE

Stories to watch in 2017

1. Transit:

Halifax regional council approved a new transit plan this year, and next year, we'll find out if it makes getting around any easier.

2. Crime:

2016 was a violent year in Halifax. Will the cycle continue, or will our city find peace in 2017?

3. Nova Centre:

Will our massive new downtown convention centre ever be finished? The latest deadline of many says it'll be online by the end of 2017.

4. Macdonald Bridge:

The Big Lift project is supposed to be complete by the end of 2017, but delays are par for the course on projects like these.

5. Commuter rail:

A proposal from VIA Rail to get people moving more quickly from the suburbs to the city could see a plan on the rails next year.



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New year ushers in fresh start: medium

PREDICTION

City hall shakeup, big endeavours expected in '17



Adina Bresge
For Metro | Halifax

A Halifax medium predicts that the end of a year some have decried as the "worst in history" will usher in a period of new beginnings in 2017.

George LeBlanc, a self-described spiritual channeler in Clayton Park, said the misfortunes that have plagued 2016 — violence, political tumult, celebrity deaths — can be seen as a "blessing."

"People need to understand that what they lost in 2016 needed to be," LeBlanc said. "It sounds like bad luck, but it's the beginning of something else."

January marks the reset of a nine-year cycle of fortune, LeBlanc said, offering Haligonians a fresh start in 2017.

LeBlanc encouraged people to embark on new endeavours, such as a move or a career change. These changes may not bear fruit in the short-term, he warned, but they will lay the groundwork for the life



George LeBlanc, a self-described spiritual channeler in Clayton Park, said Haligonians will see a fresh start in 2017 as January marks the reset of a nine-year cycle of fortune. ISTOCK



People need to understand that what they lost in 2016 needed to be.

George LeBlanc

you want going ahead.

Halifax's economy will be stagnant next year, LeBlanc predicted, but the city should see prosperity by 2019.

LeBlanc said city hall may see a something of a shakeup as regional council keeps Mayor Mike Savage "on his toes."

"They're going to bring forward different projects," LeBlanc said. "He's going to be tested. He's going to have to make tough decisions that are not going to be popular, but will be necessary."

As for the provincial government, Premier Stephen McNeil should tread carefully next year, LeBlanc cautioned, because the decisions he makes may seal his political fate in elections to come.

"He has created a stir with many people," said LeBlanc. "He's going to have to be very careful about what he brings forward to maintain a positive reputation."

Fort Mac wildfire was story of the year

NATURAL DISASTER

Surreal tragedy beats refugees, Gord Downie as top newsmaker

The ferocious wildfire that forced nearly 90,000 to flee Canada's oilsands region and reduced thousands of homes to rubble has been picked as the top news story of 2016 in an annual survey of newsrooms across Canada by The Canadian Press.

Dubbed "the beast" for its merciless unpredictability, the Fort McMurray wildfire garnered 39 of the 67 votes cast by senior editors. It was followed by Canada's ongoing resettlement of Syrian refugees with 11 votes, the fentanyl crisis with six and the Tragically Hip's farewell tour with five.

"Not even a Hollywood script could match the terror, uncertainty, and heroism to come out of what seemed to be a surreal event," wrote Dave Barry, news director of CKPG TV in Prince George, B.C.

The fire began in a remote

forested area southwest of the city on May 1 during a spell of unusually hot and dry spring weather. By suppertime on May 3 the flames were inside the city and all of Fort McMurray was under a mandatory evacuation order.

People fled with forest ablaze on both sides of the road and ash raining down. They crawled bumper-to-bumper along Highway 63 — the only route out of town.

Nobody died as a direct result of the fire, though two teenagers were killed in a highway crash south of the city.

Residents started coming back in early June. The majority returned to unscathed homes, but many had nothing but piles of ash inside blackened foundations.

All told, the fire consumed some 2,400 units, most residential.

Erin O'Neill, operations manager with the municipality's recovery task force, said 350 rebuilding permits have been approved since the fire and 160 new homes have begun construction. "When you go into these areas, as opposed to seeing all of



Following the fire, Edmonton's population swelled by almost 10 per cent with most of the 90,000 evacuees finding shelter in the city. Over half a year later, its impact can still be felt. METRO FILE

that ash and debris, now you're seeing a site that looks like a new subdivision."

Fire Chief Darby Allen, who became the face of the battle against the beast, is planning

to retire in February. He said he's expecting next year's wildfire season to be tough on the community.

Seven months after the fire, many residents are still slogging

through their insurance claims. The Insurance Bureau of Canada has pegged the Fort McMurray fire as the costliest insured natural disaster in Canadian history with an estimated \$3.77 billion

in claims as of mid-November.

There's also been a heavy emotional toll. Alberta Health Services documented more than 25,000 contacts with mental health care providers in the Wood Buffalo region between May 10 and Oct. 29.

The beast struck at a time when low oil prices were already causing the city's main industry, the oilsands, to scale back.

The fire crimped output by a million barrels a day in May and 700,000 barrels a day in June, says the Alberta government.

Within six months of the fire, the Red Cross raised \$319 million between donations and matching government funds — the largest domestic appeal in the organization's history, said vice-president Jenn McManus.

Many newsroom bosses cited the outpouring of support the city received in making their pick.

"The devastation motivated Canadians across the land to offer assistance to Fort Mac residents," said David Hughes, executive director of CTV National News.

"A truly Canadian moment."

THE CANADIAN PRESS

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Deadly overdoses rising nationwide

THE YEAR
THAT
WILL BE 2017

Rising fentanyl use has more cities pursuing injection sites

Watching an addict fill a syringe with puddle water, former senior RCMP officer Raf Souccar imagined a radical shift in how Canada could deal with people in the grip of drug addiction — by providing them with medical-grade heroin and giving them a chance to survive.

"I've always thought of these people as victims," he said, recalling the scene in Vancouver's Downtown Eastside, where the man added heroin to the dirty water and injected the contents into his arm.

"I've seen a guy injecting with a needle he was sharpening on the side of the curb," said Souccar, a former RCMP deputy commissioner who spent 35 years fighting the illicit drug trade and is now concerned about the death toll from the fentanyl overdose crisis, which has killed hundreds of people in Canada this year.

The country's two supervised-injection sites, including Insite, are both in Vancouver. Addicts are provided with clean needles and a nurse who watches over them as they shoot up their own drugs. People who unwittingly overdose on fentanyl-laced substances are given another drug, naloxone, to reverse the effects and then sent to hospital.

Souccar said addicts should be given medical-grade heroin along with housing and mental-health services to save overall health-care costs and

money for policing, courts and incarceration.

"I'm not advocating drug use. I'm saying in the situation of people who need help, we need to find a way to help them with quality-control products," Souccar said from Ottawa.

"I don't think we should just turn our heads and say, 'Continue to be preyed on by drug dealers and we'll just allow you to come in and inject and call an ambulance for you if you overdose.'"

On the sidewalk in front of Insite, a man pouring milk into a tall plastic container full of cereal said at least 40 people he knew died in the past year from heroin containing the powerful painkiller fentanyl.

Addicts would inject at Insite if a pure form of heroin were provided, said Dale Gonzales, 35.

"I only dropped once and it was a couple of months ago," Gonzales said of overdosing at a hotel where he was using with three friends a couple of months ago.

"I did my shot and all of a sudden I said, 'Oh s—.' And I freaked out. I blacked out, and they told me I turned blue and everything." One of his buddies had naloxone, which brought him back to life. Six hours later, he shot up again so he wouldn't get "down sick."

British Columbia declared a public health emergency in April, after a rising number of fatal overdoses. The coroner's service recorded 622 deaths between January and October, most of them involving fentanyl.

An increasing number of overdoses elsewhere in Canada has cities including Toronto, Montreal, Edmonton and Victoria wanting approval from the federal government to open their own supervised-injection sites. The federal government



Janet Charlie holds a photo of her late son, Tyler Francis Charlie, who died Aug. 31, 2016 age 26 due to a fentanyl overdose. DARRYL DYCK/THE CANADIAN PRESS

MY STORY

Nathan Huggins-Rosenthal, Calgary

When Rosalind Davis thinks about her partner, she tries to focus on the positive — visits to the dog park with their two small mutts, hot yoga classes, leisurely weekend mornings drinking coffee and reading the newspaper.

"That's how I try to remember him, as that person who actually enjoyed life," Davis said. "You definitely watch the life disappear from someone once they become addicted to opioids."

Nathan Huggins-Rosenthal worked in finance and was renovating an old character house in Calgary that he and Davis had bought several months

earlier when he hurt his back helping a contractor carry a washing machine.

A prescription from his doctor for the painkiller Percocet marked the beginning of his spiral into an opioid addiction that would eventually take his life, one month shy of his 35th birthday in early 2016.

"I would describe him as an incredibly intelligent man," Davis said. "He was charming and funny. He came from a loving family. He had a philosophy degree and an MBA and he worked as a successful stock broker at the National Bank."

Huggins-Rosenthal bounced in and out of treatment centres, spending months on waiting lists while his addiction worsened,

Davis said.

In mid-February, six weeks after he overdosed at work and was rushed to hospital, Huggins-Rosenthal overdosed again while staying at his mother's home and died.

"When we believe addiction is a choice it really absolves society of any responsibility," Davis said. "And when we shame people who are suffering from addiction we push them further into the shadows."



When we shame people ... we push them further into the shadows.

Rosalind Davis

of opioids and the illegal activity associated with that, I don't think it's medically, ethically or morally appropriate not to offer them a supervised pharmaceutical-grade option," he said.

Crosstown currently has 150 clients who also get other support including counselling, housing, nutritious food, services for conditions such as mental health, HIV and hepatitis C, along with job training, MacDonald said.

He said the annual \$27,000 cost to treat each addict at Crosstown has spinoff benefits and has kept patients out of a cycle of crime.

"My most recidivist patient at Crosstown has been in and out of jail over 200 times. Since he's had access to treatment here, (it's been) zero. He's been here since 2012, so that's going on four years."

Dr. Patricia Daly, chief medical health officer of Vancouver Coastal Health, which runs Insite, said discussions to expand the Crosstown model are underway in order to serve "hundreds more people who inject drugs multiple times a day."

"We're almost standing on the bottom of the waterfall, letting everything come down," she said, adding fentanyl-related deaths outside the two clinics have continued despite thousands of naloxone kits being handed out at clinics and emergency departments.

"This is the next thing that we'd like to start pursuing here, is how to expand the availability of the legal substitute of this illicit drug," Daly said of potentially providing pharmaceutical heroin at Insite.

However, current laws do not allow heroin or any drug substitute to be stored at supervised-injection sites, unlike at the high-security Crosstown Clinic, which was granted a special exemption by the federal government, initially for a study.

Daly said she has been in talks with medical health officers across Canada as part of the Urban Public Health Network on how other cities could replicate the model at Insite, where an average of 440 injections take place every day, though she added that entrenched addicts need a more comprehensive program, such as Crosstown.

She said about 80 per cent of the heroin that users voluntarily tested recently at Insite contained fentanyl, but testing is not available for carfentanyl, an opiate often used to tranquilize large animals, such as elephants. THE CANADIAN PRESS



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has introduced a bill to streamline the approval process.

Souccar would like legislation that would permit existing and future supervised-injection sites to dispense medical-grade heroin that must be injected by a doctor, akin to a clinic he visited in Switzerland, where addicts' multiple needs were met.

Souccar, who is part of a nine-member task force that worked on a report examining marijuana legislation for the federal government before the drug is legalized, said the presence of carfentanyl — which is 100 times more powerful than fentanyl — in B.C., Alberta, Manitoba and Ontario means government action is urgently needed.

Vancouver's Crosstown Clinic is the only facility in North America that provides injectable heroin, or diacetylmorphine, to chronic addicts who have tried an average of 11 times to kick the habit through other methods including drug-substitution programs that prescribed suboxone or methadone.

Dr. Scott MacDonald, who runs the facility, said Crosstown is modelled after similar programs in eight European countries and that Canada needs to catch up to save lives.

"If we're watching somebody inject, coming into a place like Insite, every day using illicit opioids and forced to engage in the illicit stream



Former senior RCMP Raf Souccar spent almost 30 years within the RCMP working on various drug-related aspects of crime. He now says addicts need help and "can't arrest ourselves out of the problem". THE CANADIAN PRESS/FRED CHARTRAND

MY STORY

Joshua Graves, Berwick, N.S.

There was a period after her brother's death when Amy Graves would repeatedly play back a recording he had made using a small toy phone while playing with her one-year-old daughter.

"For the longest time, I kept this phone in a ziplock bag and I would open it and just listen to his voice and listen to him talk to my daughter," she said, her voice breaking. "It killed me to listen to after his death."

While Joshua Graves's death in early 2011 predated the fentanyl crisis, it heralded the early days of the opioid

epidemic that would erupt five years later.

Graves said her brother, 21, was at a party in Nova Scotia's Annapolis Valley where he tried a small capsule of hydromorphone that was being passed around. That night he would go to sleep and not wake up.

What most bothers Graves is the stigma.

"I was told (by police): 'Your brother was a big boy. He chose to take those drugs. It's his own fault that that happened to him,'" she said. "And fair enough. I mean, he did make a poor choice. But he was a human."

A formal complaint led to a written

apology from the police, who reopened the investigation into Graves's death.

Her brother had spent two years in Alberta and had just secured a promotion and moved back to Nova Scotia to work as an arborist, Graves said. He had a car, an apartment and a girlfriend who worked as an addictions counsellor.

"You think there are going to be warning signs. You think he's going to lose his job and his life is going to fall apart," she said.

"But that's what's so scary about opioids: You don't necessarily have to get to that point," she added. "It can happen to almost anyone."

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MY STORY

Tyler Charlie, Vancouver

Janet Charlie gestures to the ground beneath her, pointing out the nondescript section of sidewalk where her son fatally overdosed on fentanyl earlier this year.

"It's his birthday coming up," she said, wiping away tears. "But when I think about it, he's with his brother. He's with his grandparents and his aunts and uncles up there. He's surrounded by love up there, I know that. But it can be hard."

Charlie was volunteering at a market in Vancouver's Downtown Eastside in August when someone raced up to tell her that her son Tyler had collapsed nearby.

"She said, 'Tyler went down. Doesn't look like he's going to make it,'" Charlie

recounted.

Charlie said she rushed around the corner to see her son unconscious on the ground, shirt open as paramedics worked to revive him.

He was pronounced brain dead and died about a week later. He was 26 years old. Charlie compared using opioids with Russian roulette. "You're playing a game, whether you're going to be here today or tomorrow," she said.



You're playing a game, whether you're going to be here today or tomorrow.

Janet Charlie

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Children have the right to choose

2016 THE YEAR THAT WAS...

Guide warned not to force gender-neutral washrooms

The small picture of a black toilet on a white background above the word "washroom" has become a big sign of inclusion for a rural school district in Saskatchewan.

Prairie Valley School Division, near Regina, has created all-gender washrooms at all of its facilities, including elementary schools.

Director of education Ben Grebinski said it was important to include elementary schools because transgender children of all ages need support from educators.

"You can't differentiate between a five-year-old and a 17-year-old. When you become familiar and aware of their preference, you have to be able to accommodate that preference," Grebinski said.

The division spent a year creating a diversity policy. There was no human rights complaint to force action. Parents were consulted on the policy.

"There was a little bit of opposition in certain circumstances because people felt kind of uncomfortable with this," said Grebinski.

"And what we found was that as soon as people became aware of the purpose and our intent here was to just provide humanity, with an opportunity to be expressive and to be who they were on an individual basis without any kind of alienation, people were very willing and accepting, so frankly we didn't have any challenges or issues."



A woman walks to a bathroom at the Prairie Valley School Division office in Regina, Saskatchewan. All the bathrooms of the rural school division's 39 schools now have gender neutral signage, what they call "all gender bathrooms." MICHAEL BELL/THE CANADIAN PRESS

Dr. Kristopher Wells, an assistant professor with the Institute for Sexual Minority Studies and Services at the University of Alberta, said elementary schools are becoming the new front lines as parents seek support for their transitioning children.

"It's now not uncommon to be working to support transgender youth as young as six or seven," Wells said. "Ultimately, it comes down to issues of

safety and inclusion in schools and if students don't feel safe and they don't feel included, they're not going to be able to learn."

Wells, along with two transgender teachers, wrote a guidebook for the Canadian Teachers Federation on how to support transgender kids.

Their recommendations include creating a school policy ensuring all transgender students can use a washroom cor-

responding to their asserted gender identity. If students do not feel safe using these washrooms, the guide suggests, schools provide access to a private or staff washroom.

"You start with the child first and you work outward," Wells said. "It's their decision to make, not anybody else's, and that's where we run into problems saying 'You can only use this bathroom'."

He points to a case in Edmon-

ton last year where the family of a seven-year-old transgender girl filed a human-rights complaint against a school board after she was told not to use the girls' washroom. The student balked at the school's suggestion to use a gender-neutral washroom. School boards across Alberta have since been given guidelines that say students have the right to use washroom and change-room facilities aligned with their

+ CHANGES

Five gender-neutral washrooms

Elementary schools are now creating gender-neutral, all-gender or unisex washrooms. Other public places have also taken this step:

1. Washrooms at the Canadian National Exhibition in Toronto had signage with a half-female and half-male logo above the words "We Don't Care."

2. The City of Regina says the new Mosaic Stadium, home of the Saskatchewan Roughriders, will have nine gender-neutral loos.

3. On Parliament Hill, 37 out of 188 total washrooms are unisex. The Saskatchewan and Manitoba legislatures each have a gender-neutral washroom for the public.

4. The Royal Ontario Museum has three all-gender washrooms and the Canadian Museum for Human Rights says it has at least one universal washroom on virtually every level.

5. Universities, like McGill, UBC, Carleton, Western and Ryerson all have some form of all-gender restroom.

THE CANADIAN PRESS

gender identity. The guideline says schools should provide a non-gendered, single-stall washroom for use by any student for any reason, but also notes that students shouldn't be forced to use it unless it's their choice. THE CANADIAN PRESS

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Counting on challenges for Trudeau

THE YEAR THAT WILL BE 2017

Tories, NDP get ready for new leaders, hope for better year

Count the federal Conservatives and the NDP among those looking forward to a better year in 2017 — a year the two opposition parties are also counting on as a significant challenge for one Justin Trudeau.

The dramatically different political landscape on the other side of the Canada-U.S. border is going to throw a wrench in the Liberal prime minister's plans, says interim Conservative leader Rona Ambrose.

"There's a train coming down the track and I don't think he's faced the reality of it," Ambrose said in an interview.

The new year will bring with it permanent new leaders for both the Tories and the New Democrats, as well as a clearer sense of direction in both substance and style as preparations begin in earnest for the next election cycle.

But as one political party's rising fortunes are often tied to the diminishing fortunes of another, both are especially focused on what the calendar change will mean for the Liberals.

High on that list are higher taxes on the wealthy and Liberal plans for lower greenhouse gas emissions — including a national price on carbon — and how they will affect Canada's ability to attract investment once U.S. president-elect Donald Trump arrives in the White House.

"All of this means job losses for Canada, because it means we're going to be uncompetitive compared to the United States," said Ambrose, citing Canadian beef exports and softwood lumber as possible targets in any renegotiation of the North American Free Trade Agreement.

"How is Prime Minister Trudeau going to protect those jobs? What's the plan? I just don't believe he has one."

At the same time, Ambrose said the likelihood that Trump will approve the Keystone XL pipeline quickly after taking office is "an opportunity" for Canada.

Trudeau, who also supports Keystone XL, expressed disappointment when U.S. President Barack Obama rejected the project just as the Liberal government was taking office last year.

NDP Leader Tom Mulcair said Trudeau is putting the cart before the horse when it comes to approving Kinder Morgan's Trans Mountain pipeline without a tangible plan to reduce greenhouse gas emissions, as they committed to last year at the UN climate change conference in Paris.

"A lot of Canadians are feeling disappointed and indeed betrayed by a government that got elected by promising real change, but in case after case, example after example, file after file, real change isn't there," Mulcair said this week.

Mulcair cited the Liberal decision to stick with the Conservative targets for emissions reductions as one glaring example.

The fact remains, though, that while the Conservatives and the NDP have been ramping up their attacks on the Liberals on issues like so-called "cash-for-access" fundraising and electoral reform, both need permanent leaders before they can begin to showcase themselves as alternatives.

The Conservatives will choose a new leader May 27 from a bank of hopefuls that currently numbers 14 confirmed candidates.

Chad Rogers, a Conservative strategist, said that as far as electoral defeats go, 2015 was actually a pretty good one for his party.

"As Conservatives, for those of us who have been around for a while, we usually blow the whole thing up, and then go into the wilderness and lick our wounds and kill each other for a while," said Rogers, a partner at Crest-

view Strategy.

Rogers also said he was pleasantly surprised, during last month's leadership debate in Saskatoon, to see how little daylight there was between the candidates on many of their policy ideas.

"The coalition is fine."

The New Democrats, on the other hand, still don't have an official candidate, although Peter Julian and Charlie Angus both

relinquished their roles in the NDP shadow cabinet to explore possible bids.

New Democrat MPs Niki Ashton and Guy Caron, as well as Ontario NDP legislator Jagmeet Singh, are also in the mix as potential contenders.

The party won't start voting until September, a process that could extend all the way to the end of October before a victor emerges.

Robin MacLachlan, an NDP commentator with Summa Strategies, said members are eager for the race to take shape so they can move past the internal battle that saw Mulcair lose a leadership review vote this last spring.

Grassroots members were cut off from the decision-making process of both the campaign and the leadership, he added. "It's a time to reconnect with the grassroots of the party."

In different ways, the elections of both Trump and Trudeau show that voters are looking for a leader who can connect with people, said MacLachlan.

Whether Trudeau can keep it up is another matter — especially, Ambrose noted, when so much about the world has changed since he was elected.

"I think the fun is over," she said, "and the hard work's going to start." THE CANADIAN PRESS

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Interim Conservative leader Rona Ambrose says soon-to-be dramatically different political landscape in the U.S. is a reality Justin Trudeau has not yet faced. SEAN KILPATRICK/THE CANADIAN PRESS



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Moments that won't be forgotten

From the prime minister's welcoming of Syrian refugees to Jian Ghomeshi's trial, here are five moments from the past year.

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Prime Minister Justin Trudeau pledged additional humanitarian support for refugees at a press conference at the 71st Session of the UN General Assembly in September.

SYRIAN REFUGEES

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This year, as the Liberal government moved to fulfil their (modified) promise to bring in 25,000 Syrian refugees into the country, Canada's population numbers swelled to well over 36 million. This number is at its largest since 1988, as the population grew by 1.2 per cent. The boost in overall population was due, in part, to the Liberals' Syrian refugee resettlement program, a model which has received commendation around the world and is seen as one to emulate. The number of Syrian refugees in Canada since November 2015 is well over 30,000. However, Canadians are pushing the government to do more. Individuals who want to privately sponsor refugees have taken to the streets to protest the red tape and bureaucracy surrounding the program. Many Canadian sponsors have expressed frustration that the people they are sponsoring have yet to be admitted into the country.



JIAN GHOMESHI

Case unearthed difficult truths

The former CBC host of the radio show Q, Jian Ghomeshi, was acquitted of five charges relating to sexual assault or harassment, and the last charge was withdrawn after a peace bond agreement and an apology to his victim. Ghomeshi's trial began Feb. 1, 2016, and lasted eight days. The Ghomeshi case, from its beginnings, shined a light on entrenched institutional sexism and misogyny that many had not wanted to admit existed in Canadian culture. The case challenged the way we think about victims and how victims behave before, during or after an alleged assault.

CLIMATE ACTION

National carbon tax announced

In October, 2016 Trudeau announced a national "floor price" on carbon that would require all provinces and territories to have some form of carbon pricing by 2018. Putting a price on carbon is meant to incentivize individuals and companies to look for lower emission options. The price may be a specific tax, like the minimum \$10 per tonne the federal government has set for 2018, or a more indirect cap-and-trade system. However some provinces like Alberta have exemptions to the tax.



The Duke and Duchess of Cambridge attend a children's party with Prince George and Princess Charlotte at Government House in Victoria, B.C. on Sept. 29.

ROYAL VISIT

'Pop,' says the Princess

The Duke and Duchess of Cambridge brought their two children, George and Charlotte, along for a royal tour of Canada in September. The couple met with Olympic athletes, talked with Syrian refugees and hung out with PM Trudeau and his wife Sophie Gregoire-Trudeau. While there were many milestones for the royals, the best part was arguably a children's party in Victoria, B.C. where Prince George and Princess Charlotte played with balloons.



Prime Minister Justin Trudeau speaks at Parliament Hill after meeting with Manitoba Metis Federation President David Chartrand, Assembly of First Nations Chief Perry Bellegarde and President of the Inuit Tapiriit Kanatami Natan Obed.

INDIGENOUS RELATIONS

On the path to reconciliation

Despite what many thought was inadequate funding in the federal budget for indigenous people, the Liberal government says it has been committed to furthering the process of reconciliation. The Liberals removed Canada's objector status to the UN Declaration on the Rights of Indigenous Peoples in May. "We are now a full supporter of the declaration, without qualification," said Indigenous Affairs Minister Carolyn Bennett. The government also launched an independent inquiry into Canada's missing, murdered indigenous women in August. The goal of the inquiry is to look into "examine practices, policies and institutions such as policing, child welfare, coroners and other government policies/practices or social/economic conditions," that contribute to the higher rate of indigenous women disappearing or being murdered.

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World | metro NEWS

Photos that had impact

Metro photographer **Eduardo Lima** curates some of the most powerful images captured this year by journalists around the world. METRO CANADA



1 A man looks at a tribute laying on a bench near where a person was killed on the Promenade des Anglais on July 17 in Nice, France. A French-Tunisian attacker killed 84 as he drove a lorry through crowds, gathered to watch a firework display during Bastille Day Celebrations. The attacker then opened fire on people in the crowd before being shot dead by police. PHOTO BY DAVID RAMOS/GETTY IMAGES

Eduardo Lima: This image translates the feeling of sorrow that perhaps not only French people felt soon after the attacks but also all around the globe.

2 Republican presidential nominee Donald Trump holds a campaign rally at The Venetian Las Vegas Oct. 30 in Las Vegas, Nevada. PHOTO BY CHIP SOMODEVILLA/GETTY IMAGES

Eduardo Lima: Great use of negative space to show Donald Trump alone and small.

3 The gunman gestures after shooting the Russian Ambassador to Turkey, Andrei Karlov, at a photo gallery in Ankara, Turkey, on Monday,

Dec. 19, 2016. AP PHOTO/BURHAN OZBILICI

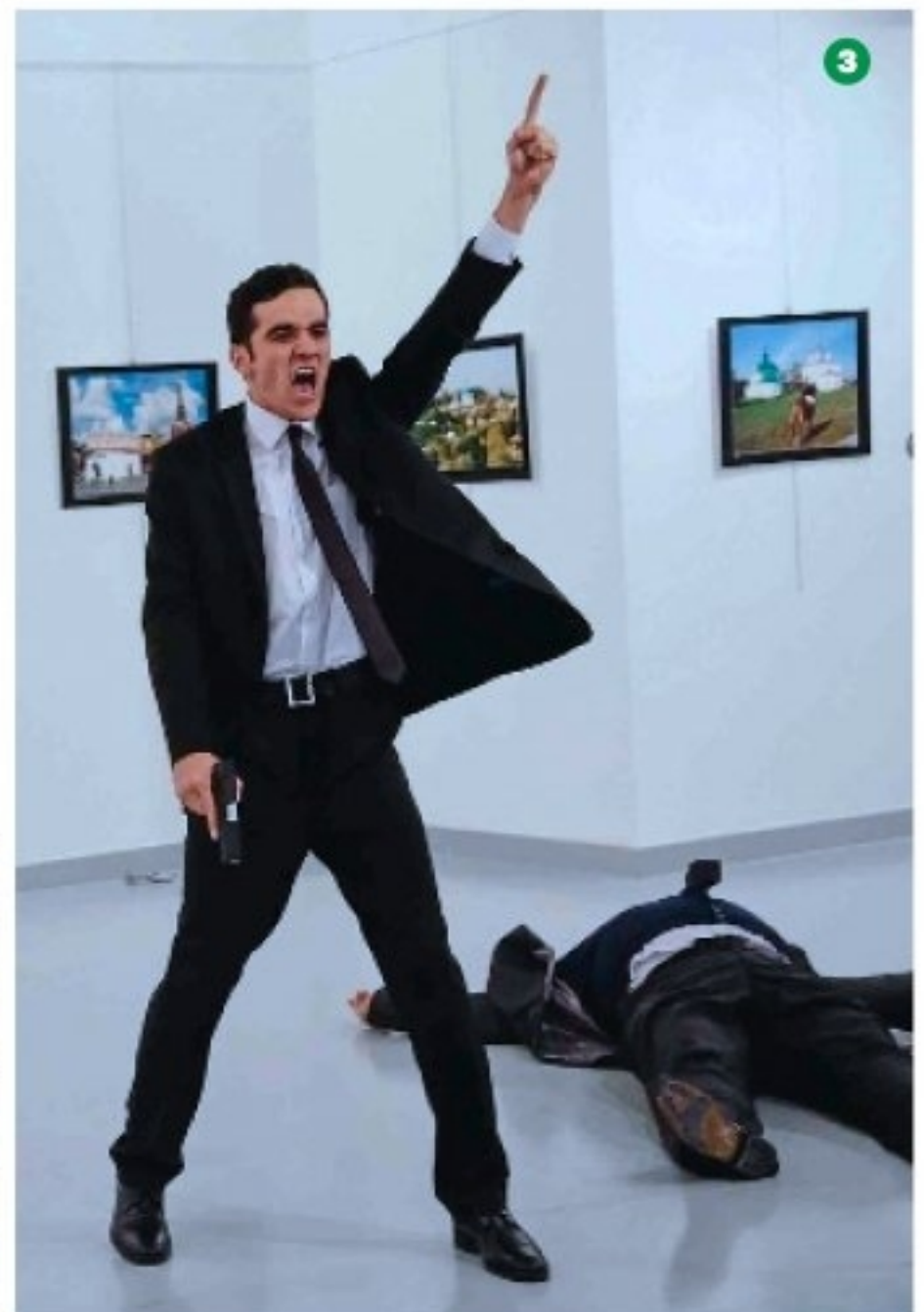
Eduardo Lima: Great capture and it also has a certain cinematographic feeling. However the fact the photojournalist held himself together under a situation like that and kept taking photos is more impressive than the picture itself.

4 Usain Bolt of Jamaica competes in the Men's 100 metre semifinal on Day 9 of the Rio 2016 Olympic Games at the Olympic Stadium on Aug. 14. PHOTO BY CAMERON SPENCER/GETTY IMAGES

Eduardo Lima: This photograph shows fun and power or, depending on the perspective, a powerful athlete having fun.

5 Syrian men carrying babies make their way through the rubble of destroyed buildings following a reported air strike on the rebel-held Salihin neighbourhood of the northern city of Aleppo, on Sept. 11. PHOTO BY AMEER ALHALBI/AFP/GETTY IMAGES

Eduardo Lima: Destruction, protection and fragility shown in unison.



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Final goodbye: Roll call for notable deaths of 2016

Many notables died this year: Fidel Castro, King Bhumibol Adulyadej of Thailand, Muhammad Ali, Gordie Howe and more. Here are some of the famous people who left the world stage. THE ASSOCIATED PRESS

JANUARY

Otis Clay, 73

Hall of fame rhythm and blues artist known as much for his charitable work in Chicago as for his singing. Jan. 8.

David Bowie, 69

Other-worldly musician who broke pop and rock boundaries. Jan. 10.



Alan Rickman, 69

Classically trained British stage star and sensual screen villain in the Harry Potter saga and other films. Jan. 14.



Glenn Frey, 67

Rock 'n' roll rebel who co-founded the Eagles and formed one of history's most successful songwriting teams. Jan. 18.

Abe Vigoda, 94

Actor who played detective Phil Fish in the 1970s TV series Barney Miller. Jan. 26.

FEBRUARY

Maurice White, 74

Earth, Wind & Fire founder whose horn-driven band sold more than 90 million albums. Feb. 3.

Antonin Scalia, 79

Influential conservative and most provocative member of the U.S. Supreme Court. Feb. 13.

Boutros Boutros-Ghali, 93

Egyptian diplomat who helped negotiate his country's landmark peace deal with Israel but clashed with the United States. Feb. 16.



Harper Lee, 89

Elusive novelist whose child's-eye view of racial injustice in a small Southern town, To Kill a Mockingbird, became an Oscar-winning film. Feb. 19.



MARCH

Nancy Reagan, 94

Backstage adviser and fierce protector of Ronald Reagan in his journey. March 6.



Rob Ford, 46

Former mayor of Toronto whose career crashed in a drug-driven, obscenity-laced debacle. March 22.



Garry Shandling, 66

Actor and comedian who masterminded a brand of phoney docudrama with The Larry Sanders Show. March 24.

Patty Duke, 69

As a teen, she won an Oscar for playing Helen Keller in The Miracle Worker. March 29.

APRIL

Merle Haggard, 79

Country giant who rose from poverty and prison to international fame through his songs about outlaws and underdogs. April 6.

Dwayne "Pearl" Washington, 52

Basketball player who went from New York City playground wonder to Big East star at Syracuse. April 20.

Prince, 57

One of the most inventive and influential musicians of modern times with hits including When Doves Cry. April 21.



MAY

Tommy Kono, 85

He took up weightlifting in an internment camp for Japanese-Americans and went on to win two Olympic gold medals for the United States. May 1.

Morley Safer, 84

Veteran 60 Minutes correspondent who exposed a military atrocity in Vietnam that played an early role in changing Americans' view of the war. May 19.



Rosalie Chris Lerman, 90

Passionate advocate of Holocaust remembrance. May 19.

JUNE

Muhammad Ali, 74

Heavyweight champion whose fast fists, irrepressible personality and determined spirit transcended sports and captivated the world. June 3.



Gordie Howe, 88

The Canadian farm boy and NHL's quintessential star. June 10.



Anton Yelchin, 27

Rising actor best known for playing Chekov in the new Star Trek films. June 19.



JULY

Elie Wiesel, 87

Romanian-born Holocaust survivor whose classic Night launched his career as one of the world's foremost witnesses and humanitarians. July 2.



Clown Dimitri, 80

Beloved Swiss clown and mime who studied under Marcel Marceau. July 19.

Rev. Tim LaHaye, 90

Co-author of the Left Behind series, a literary juggernaut that brought end-times prophecy into mainstream bookstores. July 25.

AUGUST

John McLaughlin, 89

Conservative political commentator and host of a television show that pioneered hollering-heads discussions of politics. Aug. 16.

Sonia Rykiel, 86

French designer whose relaxed sweaters helped liberate women from stuffy suits. Aug. 25.

Gene Wilder, 83

Frizzy-haired actor who brought his deft comedic touch to such unforgettable roles as the neurotic accountant in The Producers. Aug. 28.



Vera Caslavskaya, 74

Seven-time Olympic gymnastics gold medalist who stood up against the 1968 Soviet-led invasion of Czechoslovakia. Aug. 30.

SEPTEMBER

Phyllis Schlafly, 92

Outspoken conservative activist who helped defeat the Equal Rights Amendment in the 1970s. Sept. 5.

Rose Mofford, 94

Arizona's first female governor and a shepherd for the state during a period of political turbulence. Sept. 15.

Shimon Peres, 93

Former Israeli president and prime minister who was celebrated as a Nobel prize-winning visionary. Sept. 28.



OCTOBER

King Bhumibol Adulyadej, 88

World's longest reigning monarch, he was revered in Thailand as a demigod, a humble father figure and an anchor of stability through decades of upheaval. Oct. 13.

Junko Tabei, 77

The first woman to climb Mount Everest. Oct. 20.

Tom Hayden, 76

1960s antiwar activist whose name became forever linked with the Chicago 7 trial, Vietnam War protests and his ex-wife, actress Jane Fonda. Oct. 23.



Janet Reno, 78

First woman to serve as U.S. attorney general during the Clinton administration. Nov. 7.

Leonard Cohen, 82

Canadian singer-songwriter who blended spirituality and sexuality in songs like Hallelujah, Suzanne and Bird on a Wire. Nov. 7.



Florence Henderson, 82

Broadway star who became one of America's most beloved television moms in The Brady Bunch. Nov. 24.

Fidel Castro, 90

He led his bearded rebels to victorious revolution in 1959, embraced Soviet-style communism and challenged U.S. power during his half-century of rule in Cuba. Nov. 25.

DECEMBER

John Glenn, 95

His 1962 flight as the first U.S. astronaut to orbit the Earth made him a hero and propelled him to a career in the U.S. Senate. Dec. 8.



Alan Thicke, 69

Versatile performer who gained his greatest renown as the beloved dad on the sitcom Growing Pains. Dec. 13.



Zsa Zsa Gabor, 99

The jet-setting Hungarian actress who made a career out of multiple marriages, conspicuous wealth and jaded wisdom about the glamorous life. Dec. 18.



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In retail, new technology will rule supreme



Few sectors have proven to be as cutthroat as retail. A number of chains have come and gone in the past year, while others such as Saks Fifth Avenue (featured above) and Nordstrom are elbowing their way into the Canadian market, particularly for the coveted luxury shopper. THE CANADIAN PRESS

THE YEAR THAT WILL BE 2017

Competition among Canadian retailers continued to heat up this year, with some brands beefing up their physical stores and e-commerce offerings, while new entrants like Saks Fifth Avenue and Uniqlo joined the fray.

Whether it was Saks opening up a Pusateri's food hall in their stores or Hudson's Bay spending more than \$60 million to upgrade its Toronto distribution centre with a new robotics system, retailers worked to carve out their place in the cutthroat retail landscape.

Not all retailers have been able to survive, with some like Danier scaling back locations or others like teen clothing chain Aeropostale and jewelry chain Ben Moss closing their doors in Canada for good.

As 2016 nears an end, here are the top retail trends to look forward to in the new year:

Retailers will continue to expand e-commerce offerings In 2016, Canadians averaged more than \$44 billion in retail sales every month with e-commerce sales accounting for about two per cent, according to Statistics Canada.

Although online sales make up a small proportion of total

purchases, retail industry expert Doug Stephens says it's growing at a pace of 15 per cent each year compared with three per cent growth in bricks-and-mortar sales.

Stephens, who runs consultancy Retail Prophet, said more than ever, customers expect the process of buying online to be as seamless as purchasing the item in a store. They also want to be able to have the opportunity to go back and forth between the two options easily and quickly.

"The ability to serve customers online and particularly on a mobile device, to be able to ship quickly and to be able to ship either free or at the lowest possible cost," he said.

"It's going to very, very soon, if not already, be the price to play in retail."

Digitizing store experience Imagine trying on clothes in a store and being able to ask for another size, get advice about the fit or get recommendations about other pieces that might work — all from a screen on your dressing room door.

Retail strategist Kelly Askew says 2017 is going to be a year where more retailers will try to incorporate more useful, digital aspects into the store experience. Askew, a managing director at Accenture, anticipates that even grocery stores will move towards embedding more digital aspects into the business. For example, supermarkets may send offers to

your smartphone as you're walking by an item on a shelf or help you plan your route through the grocery aisles once you upload your shopping list.

"(We're going to be) moving away from some of the gimmicky and gadgetry that we've seen until now, like digital screens you can interact with but they don't really add to the experience," said Askew.

The death of the mid-tier retailer and shopping mall

In 2016, Canada saw the growth of the luxury sector and the discounted brand name sector, which includes stores such as Saks Off Fifth, Nordstrom Rack, Marshalls and Winners.

Meanwhile, regional malls and retailers such as a struggling Sears Canada, will continue to face fierce competition in the new year.

Amazon will continue to be the biggest threat to Canadian retail. Stephens says Amazon is continuing to disrupt retailing and although some of its services, Amazon Go and Amazon Echo, aren't available here yet, retailers should be preparing for when the move inevitably happens.

"The threat that Amazon presents is that they don't think like a retailer," he said. "They think like a technology innovation and data company that just happens to sell things."

THE CANADIAN PRESS



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VICKY MOCHAMA ON THE QUEST TO BECOME MORE CULTURED



There are people who are genuinely intellectually curious, and there are those who are genuinely interested in bragging about their intellectual curiosity. I am the latter.

At the beginning of the year, I thought I would become a more cultured person.

Without intent or desire, I have made friends who have no interest in the Marvel Cinematic Universe or the Instagram accounts of football players. Determined to (a) impress these smart, serious people and (b) actually become smarter, I drew up a month-by-month plan of all the different types of culture I would take in. The plan was in graph form, the Y-axis consisting of months of the year, the X-axis organized by verb: Go, Listen, Watch and Read.

In January, for example, I would go to the art gallery, listen to Kendrick Lamar's *To Pimp A Butterfly*, watch *Rigoletto*, and read Marlon James' *A Brief History of Seven Killings*. I won't keep you in suspense — I failed. I fell asleep halfway through *Rigoletto*. The whole thing is in Italian!

The bold plans I had for June (go to the House of Blues in Chicago, read *Love In the Time of Cholera*, etc.) were dead in the water by mid February. In the spring, I realized I wouldn't achieve my ambitious plans. Wanting to be dauntingly erudite had not stopped me from watching *Captain America: Civil War* three times in one week in theatres. Yet the goal of



becoming smarter was implanted. So, in May, I asked for a subscription to the *New Yorker* as a birthday present.

This was a more sensible plan. I'm a writer. I enjoy everything I've ever read in the magazine. And I no longer have the attention span I used to for books. It seemed perfect. And at first, it was. I would get through an issue pretty quickly and then I could do what I had intended all along: tell people about how I'd read something in the *New Yorker*. There are

people who are genuinely intellectually curious, and there are those who are genuinely interested in bragging about their intellectual curiosity.

I am the latter.

To my mind, this has always seemed like the reason for most cultural to-do lists. Saying "I've been wanting to see that film" is really about telling people that you're smart enough to know about the film. Also, that you use the word "film."

But ambition met its foe: Life, and the full tedious

living of it, distracted me. A new job, new friends, new shows on Netflix — all consumed my attention before I could open up a *New Yorker*. I took a few of them on a vacation in the hopes of catching up, but I mostly just changed the temperature at which I was not reading the *New Yorker*.

Goals are an admirable thing to have. Working towards them with or without success is a form of personal growth. Embracing my lack of success doesn't mean I didn't learn anything: I learned that

there are some things that I'll never be good at again like listening to the newest albums. Failure has a clarifying quality.

Time will tell if I have achieved my goal of impressing intelligent people. (My conversation starter at parties is "The movie *Mean Girls* tells you everything you need to know about politics" so who can truly say?)

But what I've missed in culture, I've learned about myself: I don't know how *Rigoletto* ends, and I'm OK with that.

SOUND SMART

We all have to make a lot of small talk over the holidays. And you're going to need to sound like you know what you're talking about. Here are some words and phrases that really caught on in 2016.

■ Hatchimals

DEFINITION The holiday season's hottest toy is an electronic stuffed bird similar to a Furby, except to play with it you have to wait for it to theatrically hatch out of the plastic egg it comes in.

■ Dumpster fire

DEFINITION A complete mess, much like the year 2016 was said to be for the planet: A stinky, dangerous, flaming pile of garbage ruining the surrounding climate.

■ Whitelash

DEFINITION A backlash by white people. Originally referred to civil-rights naysayers in the 1960s, but revived during the 2016 U.S. election.

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Year's biggest celebrity stories

2016 THE YEAR THAT WAS...

From swoon-worthy couples to crushing breakups

Ryan Porter
For Metro Canada



You know it's a big year in celebrity news when Eva Mendes can carry Ryan Gosling's baby for eight months before anyone even notices. These celebrity bombshells were the biggest focus-pullers of the year.

The cutest Toronto duo since the panda cubs

Does Buckingham Palace have Netflix? Since Prince Harry arranged an introduction to Suits star Meghan Markle through a friend last July, the couple is so official that the Toronto-based actor wears a chain with an M and an H on it.

Kim butts in on Kanye and Taylor

In July, Kim Kardashian dropped Snapchat video of husband Kanye West telling an approving Taylor Swift he wanted to name-check her in his song Famous.

Taylor denounced the track after its release, which social media took as proof of Swift's duplicitous nature. But Kanye never mentioned the lyric "I made that b--- famous" to Swift, which she underlined in a statement, declaring, "I would very much like to be excluded from this narrative." OK, starting now.

If you need Jennifer Aniston, she will just be happily married and glowing

Where were you when you found out that Angelina Jolie had filed for divorce from Brad Pitt? Adele called the split "the end of an era" (she later clarified that she was joking and "couldn't give a f---ing s---").

And while the saga continues to develop, the relative lack of commotion just shows



how much we have all moved on to more pressing matters, such as whether or not Madonna has butt implants.

Johnny Depp: from movie monster to actual monster
When Amber Heard filed for a restraining order against

Johnny Depp in May, claiming Johnny had been "physically and verbally abusive" throughout their relation-

ship, it was an idol-crushing moment. That is something that you just can't come back from. Unless you are Sean Penn, Nicholas Cage, Christian Slater, Josh Brolin, or another powerful man in Hollywood, and then it's fine.

The Kim Kardashian jewel heist

During Paris fashion week in October, Kim Kardashian was bound and gagged at gunpoint in her Paris hotel room as jewel thieves scooped up \$10 million in jewelry, including her \$4.5-million engagement ring. The stress from the robbery is said to be a contributing factor to Kanye West's recent stay in a psychiatric hospital.

2016 THE TOP FIVE

Let's not forget these classic pop culture moments from 2016:

1. The late, great everyone. If one of your favourite singers didn't pass away far too early this year, you may have terrible taste in music.

2. The Rob also rises. Rob Kardashian went super public with his new love and family frenemy Blac Chyna. In November, they welcomed daughter Dream Kardashian.



CELINE

3. Celine shows how a heart does go on. At her husband René Angélil's funeral, Celine Dion bravely marched through the Montreal cathedral as a widow, 22 years after walking the same aisle as a bride.

4. Live with Kelly and no one. Kelly Ripa has had 52 cohosts since Michael Strahan left in May, but there's no question as to who the star is.

5. Who is Becky? Beyoncé's visual album *Lemonade* cracked with a political charge, yet the most discussed lyric remains, "better call Becky with the good hair."

RYAN PORTER/FOR METRO

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New twist on a time-honoured tradition



Halifax-based wellness coach and nutritionist Michelle MacLean recommends writing down your resolutions and keeping them visible in order to keep the goals top-of-mind. ISTOCK PHOTO

THE YEAR THAT WILL BE 2017

Dream big when making your New Year's resolution

Megan Haynes
For Metro Canada



On Dec. 31, as the clock strikes midnight, Canadians will set their resolutions — the time-honoured tradition of improving themselves in the new year.

Of course, breaking New Year's resolutions by February is also a time-honoured tradition.

The first mistake people make, says Halifax-based wellness coach and nutritionist Michelle MacLean, is people don't dream big enough — they limit themselves to what they think they can achieve.

Instead, she recommends people figure out, in a perfect world, where and who they want to be a year from now — whether that's a healthier person, more successful, in love, etc.

"Don't limit yourself — get deep, get juicy," she says.

Twelve months isn't a lot of time, MacLean admits, so while she encourages clients to dream big, she recommends only picking two or

three resolutions and write them down.

"It evokes that visceral experience, and you become emotionally connected (to your resolutions)."

Then keep them visible, such as with reminders on the phone or a vision board in the office — something to keep the goals top-of-mind.

Alex Tran, a Ph.D. candidate at Waterloo who studies the effect of goals and goal achievement on the brain, says small steps are crucially important to keeping resolutions.

When the brain has an ambition (such as going to the gym), but is also in conflict (you're still sore from yesterday), people tend not to act at all.

Instead, make mini-goals (put on sneakers, fill up gym bag, head towards the gym, lift the weights) to get over that conflict.

"When you reduce that goal into something simpler, you're no longer running into the same barriers," he says.

Finally, MacLean says it's important to keep things in perspective. Failing to keep a resolution doesn't make people failures. Rather, at the end of the year, people should reflect back on what they learned about themselves, eg.:

- Are you too picky in your dating life?

- Are you happy with the work you produced even if you didn't achieve that pro-

+ CREATIVE IDEAS

Losing weight is boring. Finding love is tedious. **Instead, why not try these out-of-the-box ideas.**

- ✓ Pick something you used to be able to do physically from your childhood (the perfect cartwheel, the splits), and master it.
- ✓ Want to learn a language? Skip French or Mandarin; learn sign language instead.
- ✓ Learn a skill that'll really impress in the kitchen: teach yourself to flambé (without losing an eyebrow).
- ✓ Embrace your inner crazy-cat lover: create an Instagram account for your pets and commit to a photo a day.
- ✓ Want to travel? Skip the big cities and plan a roadside road-stop extravaganza. Hit up (and snap photos of) every weird, and crazy small-town tourist trap you come across.

motion?

Reframing it as a way of learning about yourself can help people better plan (and keep) their goals the following year, she says.



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5 FOOD TRENDS TO LOOK OUT FOR IN 2017

It's not just the fashion world that uses change as a way of keeping us interested. The food world — from popular grocery items to hard-to-book restaurants — is about as trend-addicted as it gets. Doubt us? Think back to the kale chip fever of 2015. Or, a little thing called tacos? Here are the trends we'll be watching in 2017.

CERI MARSH AND LAURA KEOGH



THE YEAR THAT WILL BE 2017

Colour of the Year: Purple

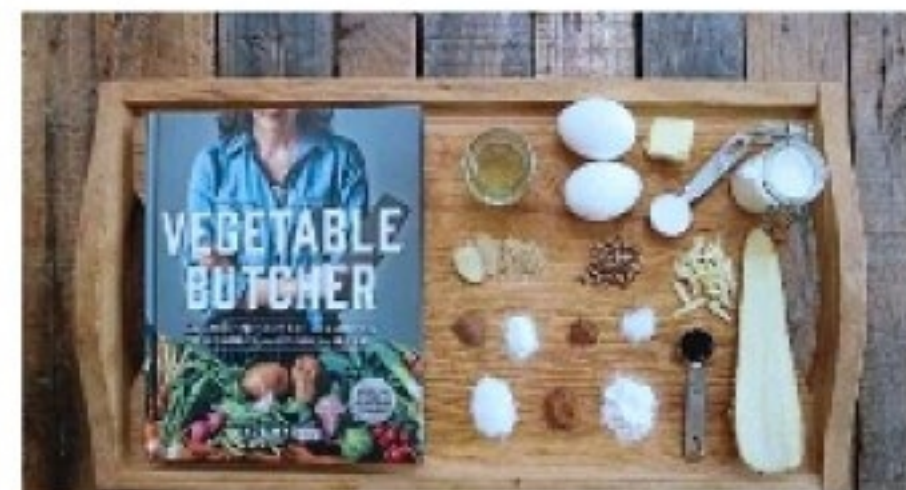
Pantone can't be the only one that makes the big pronouncements on colour. We're betting you're going to notice a lot more of this rich and phytochemical-indicating shade on future trips

to the grocery store. You'll see purple sweet potatoes, cauliflower, broccoli, carrots, even corn and asparagus. But you'll also notice purple popping up in chips and cereal.



2 Innovation of the Year: Amazon Go

There may only be one cashier-less grocery store open in Seattle but Amazon promises to bring AI wizardry to 2,000 locations. Shoppers swipe their smartphones on a sensor as they enter, get groceries and the "just walk out" technology charges your Amazon account. No word on whether it's coming to Canada. Which gives us time to figure out how to send our driver-less car to go and pick up the groceries.



3 Cuisine of the Year: Vegetable Butchery

Upping our veggie intake is a well-known boon to health and couching it in terms that carnivores can appreciate never hurts. Books like Cara Mangini's *The Vegetable Butcher* and Toronto's own Yam Chops, selling beet burgers and Korean barbecued vegan chicken as well as their famous yam chops, are leading the way.

4 Feel Good of the Year: Waste Not, Want Not

In North America, every household tosses out an average 215 to 275 kilos of food. Expect to see talk about how meal planning can reduce the groceries that get wasted. You'll also see chefs including dishes that boast carrot tops or beet greens as a way of showing off their ability to use more of the food they're buying.



Ingredient of the Year: 5 Coconut

Kale has hogged the spotlight too long! Many home cooks have swapped canola oil for coconut oil for its high smoke point and health benefits, but expect to see coconut popping up other places, too. Baked coconut chips, coconut tortillas, coconut flour, coconut yogurt and kefir and deliciously, coconut butter.



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CANADA'S YEAR OF 'TRU' LOVE, STRONG AND FREE

From Canadian selfie-snappers, to adoring international fans, Prime Minister Justin Trudeau's popularity has been off the charts in 2016. And that shows no signs on wavering in the New Year. Canadians love him, Barack Obama loves him, and a host of other international leaders adore him. Here are some things Trudeau has gone through in his first year as prime minister.

METRO/THE CANADIAN PRESS ALL PHOTOS THE CANADIAN PRESS

1 Bro-mance

One of Trudeau's major accomplishments was the repairing of the fractured relationship with the United States. The blossoming friendship between Obama and Trudeau captivated the world and melted hearts. The duo were nicknamed Trubama and memes were born across the social media spheres. It remains to be seen whether the repaired relationship will weather a Donald Trump administration, but that's for 2017 to decide.

2 Elbowgate

In May of 2016, Trudeau caused his first national scandal, in which he was accused of having "manhandled" two opposition members of parliament, one Conservative and one NDP. It took place as opposition MPs sought to delay a closure motion on the final reading of Bill C-14, the bill on physician-assisted death. NDP member of parliament Ruth Ellen Brosseau alleged that Trudeau elbowed her in the chest, causing her to leave the chamber and miss the vote. Trudeau apologized numerous times, but the scandal took on a life of its own and was discussed for days. Many opposition members of parliament compared the incident to criminal assault and violent outbreaks in other countries.



3 Gender parity

Ever since he coined the world-famous phrase: "Because it's 2015," in frank response to a question about his gender-equal cabinet, Trudeau has been an unstoppable force in advocating for gender equality. "I'm going to keep saying, loud and clearly, that I am a feminist. Until it is met with a shrug," he told a United Nations conference in March. At the conference, Trudeau said he and his wife, Sophie, are teaching their kids — two boys and a girl — to embrace feminism. On that note, Sophie Gregoire-Trudeau used the International Day of the Girl this year to launch her social media accounts on Facebook, Twitter and Instagram. "It's time," she wrote on Facebook. "On this International Day of the Girl, it's time to share the amazing journey we're on together."

CULTURE

Forget Trump, focus on our feel-good king Justin Trudeau

Ryan Porter
For Metro Canada



In 2011, when Barack Obama revealed that Osama bin Laden had been assassinated, the announcement interrupted The

Celebrity Apprentice, where Donald Trump was weighing LaToya Jackson's ability to serve as the next Apprentice.

Five years later, Barack Obama is out of a job, LaToya Jackson is out of a job, and Donald Trump is going to be president. Well done, America.

It's hard not to take the Americans' decision to elect Donald Trump personally when it has everything to do with severing trade deals and looking suspiciously at everyone not born in the U.S.A. (not to mention looking suspiciously at lots of non-white people who were born in the U.S.A.).

But in spite of that country's overwhelming cultural influence, we are not Americans. And, actually, there's a lot for a Canadian to be proud of in 2016.

Justin Trudeau remains the country's feel-good king. He is generous with a selfie, with or without a shirt, and his unflinching support for immigrants and First Nations people is an example for all of us in how to treat one another.

Not only was he the first sitting Prime Minister to march in a Pride parade, but he marched in three.

Along with Sophie Grégoire Trudeau, he's been a powerful

ambassador internationally for the best of what Canada can be. Not to mention that his panda cuddles are on point.

His boss is pretty great too. Canada's monarch, Queen Elizabeth, remains beloved at age 90 for good reason. Her cutest moment may have been her cameo with her grandson Prince Harry in a viral video to hype the Invictus Games, a sporting competition for wounded veterans.

Responding to Barack and Michelle Obama's taunts, she uttered a dignified, "Oh really? Please." Enough said!

Harry is also strengthening Canadian/British relations through his new relationship with actor Meghan Markle, who films *Suits* in Toronto. We've seen *Game of Thrones*. We know how these country-crossing royal romances work



and, suffice to say, we are ready for the red-and-white wedding.

Despite the division among our American neighbours, 2016 found Canadians coming together over common ground. Where were you when the Tragically Hip performed in Kingston? Apparently you were watching and/or listening to the show, as one-in-three Canadians — 11.7 million — experienced it live through the CBC, either on TV, radio or online.

But it wasn't just Canadians loving Canadian artists. Drake's *Views* became the most-streamed album ever. And with every click, people saw the Caitlin Cronenberg-shot album cover, featuring a superimposed Drake sitting like a king on his throne atop the CN Tower. To paraphrase Drizzy, world, you can thank us later.

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8 MOVIES FROM 2016 YOU CAN'T MISS

This year has been filled with great pictures, from a story of self-discovery and human connection in *Moonlight* to a riveting documentary chronicling the life of infamous O.J. Simpson in *O.J.: Made in America*. This year's list features a wide array of genres, including a romantic musical comedy, several dramas, documentaries and a memoir. THE ASSOCIATED PRESS



1 Moonlight

The life of Chiron, the young man who grows up in three distinct chapters in Barry Jenkins' masterpiece, is hard and full of pain. And yet *Moonlight* is so abundant with transcendent moments of grace and lyrical splendour. In the film's blue-tinged darkness shines a tortured soul, one of the most intimately and fully realized ones in recent memory.

2 Cameraperson

In Kirsten Johnson's memoir-like montage of film, momentary intimacies from a lifetime of making documentaries accrue a staggering poetry. From war zones abroad to her family at home, her camera is a force of connection that binds us, fleetingly.



4 I Am Not Your Negro

Does anyone's voice sound more urgent today than James Baldwin's? Raoul Peck's documentary, narrated by Samuel L. Jackson, is culled largely from an unfinished manuscript of the writer, intellectual and social critic. Baldwin's words wash over you, at once inspiring in their passion and alarming in their frightful insight into America. But Peck doesn't need to mix in more recent footage to connect Baldwin's thoughts with today. Amid the shards of 2016, Baldwin's relevance is apparent enough.



3 La La Land

It's not like we're so overrun with blissfulness and charm that we couldn't use Damien Chazelle's light-footed celebration of classic musicals, Los Angeles, dreams, keytars and Emma Stone. It's not a revolutionary work. It's a knowing and full-hearted resurrection. It's a conversation with nostalgia, held at golden hour between lamp-posts and tap shoes.



5 Sunset Song

Rare is the combination of formal beauty and deep inner life found in Terence Davies's adaptation of Lewis Grassic Gibbon's 1932 novel. It was one of two films by the underappreciated Davies this year, the other being his less sublime Emily Dickinson biopic with Cynthia Nixon, *A Quiet Passion*. But *Sunset Song*, about a young woman growing up in rural Scotland in the years before World War I, is one of the more exquisite and wrenching portraits of lives shaped and ripped apart by history.



6 American Honey

Nothing was more thrillingly alive this year than Andrea Arnold's bass-thumping plunge into the American heartland. Arnold, the British director of *Fish Tank*, has both a keenly critical eye to what she sees around her and a deeply affectionate one for her young characters. Rihanna (played in a scene set in a Walmart) supplies Arnold's anthem: She finds love in a hopeless place.

7 Manchester by the Sea

It might be my third favourite of playwright Kenneth Lonergan's three films (the others are *Margaret* and *You Can Count on Me*), but it's still one of the year's best. Scenes this natural just don't come along very often. Seemingly quotidian moments flicker with the past, with pain, with humour, with glimpses of insight. Lonergan's way with words is trumped only by the great reaches of his empathy.



8 O.J.: Made in America

It's an L.A. story. Ezra Edelman's 467-minute documentary, released both as one long film and a five-part television series, has an almost Dickensian scope. Edelman uses the case as a prism through which to make a grand portrait of Los Angeles and of America.



The year's top shows

In this era of so-called Peak TV, the tally of scripted series aired in 2016 is closing in on 500. No wonder it's hard to pick the best 2 per cent. But that doesn't mean we aren't happy to salute our 10 favourites. Here's the honour roll. THE ASSOCIATED PRESS



Atlanta

It takes a sure hand to craft a series about musical strivers from a downtrodden urban neighbourhood that stays touching, relatable and funny. In an age of TV comedy that takes refuge in irony, absurdity, outrageousness or mawkishness, creator-star-writer Donald Glover has pulled off a minor miracle with this gritty little show, strewn with setbacks yet powered by hope.



Billions

Chuck Rhoades, powerful and perverse U.S. Attorney, is in a cage match with hedge-fund titan Bobby Axelrod. The result is a delicious drama of two alpha males butting heads: Rhoades (Paul Giamatti) wants to prosecute Axelrod for fraud, while the ever-calculating Axelrod (Damian Lewis) dares him to try. Adding to the spice is Rhoades' wife and Axe's trusted adviser (Maggie Siff) who's tough as either man.



Black Mirror

Six new episodes on Netflix site supplement seven hours of this nervous-making anthology. Brainchild of British writer-producer Charlie Brooker, the series packs the mind-expanding punch of a latter-day Twilight Zone, and reflects a Brookeresque brand of mordant humour. Every hour is different from the others while each, in its own way, is likely to leave you startled and disturbed.



Full Frontal with Samantha Bee

With her show teeing up for a second season in early 2017, the time is past to celebrate Full Frontal as an issues-and-comedy series hosted by Samantha Bee — who, now even more than during her dozen years as a Daily Show correspondent, stays true to her name: nimble and armed with a satirical sting for her deserving targets.



Making a Murderer

Filmed over a decade, the 10-part docu-series tells the true-life story of Steven Avery, first seen in 2003 returning home after 18 years' imprisonment for sexual assault. Avery was a free man just two years, and then arrested for another crime, this time, a grisly rape and murder. So was his teenage nephew. Are they guilty or being railroaded?



The Night Of

This murder mystery stars John Turturro as near-bottom-feeding lawyer John Stone who stumbles on a righteous case: Naz, a Pakistani-American college student accused as the killer of a young woman. Never mind if Naz did the crime — the legal system is stacked against him at every turn, and through the lengthy, often dismaying process, Stone fights on his behalf.



O.J.: Made in America

Arriving two decades after O.J. Simpson was acquitted of murder in the death of his ex-wife and her friend, this five-part documentary series covers the so-called Trial of the Century in you-ain't-seen-nothing-yet detail. But it goes further, it's not only illuminating but often jaw-dropping.



This Is Us

It isn't often a scripted series can be called "humanistic" — at least, not one you can sit through without grinding your teeth. And yet this gentle ensemble drama is pulling it off, and viewers are loving it. Here is that rare series that is neither aspirational nor derisive in the portrayal of its characters, reflecting its viewers at their most good-willed.



Westworld

This odyssey is simultaneously set in an imagined sci-fi future and the reimagined Old West in the form of an epic theme park where lifelike robots indulge every appetite of paying guests. What measure of depravity does this unleash? And what measure of upheaval is triggered when the robots rebel? The series' visuals are spellbinding and as boundless as its thematic sprawl.

The A Word

Loving parents Alison and Paul tell themselves (and everyone else) that there's nothing wrong with Joe, their five-year-old son. But evidence mounts. And then the unavoidable truth: Joe is on the autism spectrum. This bittersweet six-episode drama (with a second season announced) deals with a child growing up in rural England whose striking differences from other kids ignite the question: What constitutes "normal" and what becomes of those who don't meet that standard? A beautiful story, a terrific cast and a spectacular performance by young Max Vento, who plays Joe, makes The A Word a unique exploration of a family as loyal as it is in turmoil.



Swoosie Domestic Short Hair

Swoosie would love to swoon you with her good looks and charming personality. You can tell she is excited to meet new visitors when she rubs her side against her kennel in anticipation to greet you. When you approach her at her door she will take a large stretch and begin to work her toes into her blanket. Swoosie came into the shelter as a stray, so we do not have a lot of information on her past. What we do know is this sweet girl would makes the most out of every situation. **She would love to make the most out of your home as well!**



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THE YEAR THAT WAS AND....

...THE YEAR THAT WILL BE



Best sports moments of 2016

1 Feb. 7, Santa Clara, Calif. — Peyton Manning won his second NFL title in his final professional game as the Denver Broncos toppled the Carolina Panthers 24-10 in Super Bowl 50. RONALD MARTINEZ/GETTY IMAGES

2 Feb. 13, Toronto — Minnesota high-flyer Zach LaVine won the dunk competition, but the All-Star crowd really warmed to Orlando upstart Aaron Gordon's hops. ELSA/GETTY IMAGES

3 April 14, Los Angeles — Kobe Bryant upstaged the Golden State Warriors' record 73rd win of the season with an incredible 60-point performance in his retirement game. JUAN OCAMPO/NBAE VIA GETTY IMAGES

4 May 7, Leicester, England — Riyad Mahrez and Leicester hoisted the Premier League trophy in one of the most unexpected championship wins in sports — ever. LAURENCE GRIFFITHS/GETTY IMAGES

5 May 15, Arlington, Texas — The Jays got the knockout in October, but Texas' Rougned Odor's shot will stand as the counterpoint to Jose Bautista's batflip. RICHARD W. RODRIGUEZ/STAR-TELEGRAM VIA AP

6 June 12, San Jose, Calif. — Sidney Crosby's Pittsburgh Penguins — hockey's hottest team in 2016 — turned around a scuffling

season to win the Stanley Cup. BRUCE BENNETT/GETTY IMAGES

7 June 19, Oakland, Calif. — LeBron James' block on Andre Iguodala sealed the Cavaliers' come-from-behind championship win over the Warriors' and created an iconic image of The King's greatness. JOE MURPHY /NBAE VIA GETTY IMAGES

8 July 10, Saint-Denis, France — With Cristiano Ronaldo sidelined due to injury, Portugal still managed to stun France on home turf to win its first-ever European Championship. PATRIK STOLLARZ/AFP/GETTY IMAGES

9 Aug. 17, Rio de Janeiro — Andre De Grasse couldn't catch Usain Bolt on the track, but the pair's bonding moment during the 200-metre semifinal captivated the country. OLIVIER MORIN/AFP/GETTY IMAGES

10 Nov. 2, Cleveland, Ohio — The Chicago Cubs came back to win the World Series in Cleveland, ending a 108-year drought and giving hope to tortured sports fans everywhere. EZRA SHAW/GETTY IMAGES

11 Nov. 27, Toronto — Ernest Jackson hung onto his OT touchdown to give the Ottawa Redblacks a 39-33 win over the Calgary Stampeders in an all-time Grey Cup upset. NATHAN DENETTE/THE CANADIAN PRESS



Reflecting on Penny's shining success

2016 THE YEAR THAT WAS...

The 16-year-old Olympian has won our hearts, is here to stay



Joe Callaghan
For Metro | Toronto

As it has a habit of doing, social media provides some telling context for just how far Canada's athlete of the year has come.

As the curtain comes down on 2016, Penny Oleksiak is these days as prolific online as she is underwater. The face of the country's Olympics campaign in Brazil this past summer, the swimmer now has almost 90,000 followers on Instagram and 55,000 more on Twitter, where she casually tweets over and back with P.K. Subban one day and then Prime Minister Justin Trudeau the next. No big deal.

Yet rewind just a little bit and we are rapidly reminded why, in fact, the Toronto teenager's journey this past year was in fact a very big deal. Monumental. It was great enough to see her justly awarded the Lou Marsh Trophy as the nation's pre-eminent sportsperson earlier this month.

Oleksiak's first tweet of 2016 came in March when the then 15-year-old shared an article from Toronto Swim



With all she's accomplished in such a short time, it can be easy to forget that Canadian athlete of the year Penny Oleksiak is still a teenager in high school. THE CANADIAN PRESS

Club. It was headlined: 'Canadian up-and-comer @OleksiakPenny could be the fourth and final piece to the relay puzzle. #RioTrials'.

Up and comer? Oleksiak came up all right. Like no one had come up before.

While her new Twitter buddy might relay that a week is a long time in politics, in an Olympic Games, a week is a lifetime, sometimes a few of them. So it was in the Aquatics Centre in Rio de Janeiro in August that Oleksiak collected a gold, silver and bronze haul most competitors would rank as an incredible career's work

— yet she racked them up in mere days.

Night after night records fell at her feet. The country's youngest ever gold medallist, she blossomed in and out of the pool.

Metro had caught up with Oleksiak in Toronto in the days prior to her departure for Brazil. Even in a relaxed one-on-one setting, she spoke so softly at times you had to strain to hear her. Yet so soon after, as she wrote one of the most unforgettable Canadian sporting tales for a generation, she never wilted, embracing the brave new world.

Nor has she shown any

signs of doing so since — in spite of all the new pressures she brought back from Brazil with her. Oleksiak is a groundbreaking athlete. Yet we cannot remind ourselves often enough that she is also a 16-year-old high schooler with a whole other world of challenges in front of her. Case in point: two weeks ago she was midway through a Grade 11 law class at Toronto's Monarch Park Collegiate when she found out she had been named the country's top athlete of 2016.

Intense sporting environments are nothing new in the Oleksiak household and

it's something that clearly continues to help. Soon after the Lou Marsh announcement, brother Jamie jumped on Twitter to congratulate Oleksiak, before the Dallas Stars defenceman quickly reminded her that getting her driver's licence was the next challenge.

After the year of her young life, there are few challenges that now faze Oleksiak.

"I think I really learned that I'm stronger than I think," she said on a conference call after the Lou Marsh award. "I want to say that just because, going into Rio I definitely had my doubts about

myself. I think I proved to myself that I trained pretty hard last year and I was able to exceed expectations."

She can't stop exceeding them, even when the plan is to be more conservative. On home soil at the short-course world championships in Windsor, Ont. in early December Oleksiak added four more medals to her 2016 haul despite her coach Ben Titley signalling in the build-up that this competition was to be more of a learning tool as they work towards next July's world championships in Budapest.

These are heady days in the pool for Canada. Oleksiak is the poster girl, but she's far from alone. She is at the vanguard of the nation's most promising swimming generation — six of the country's 22 medals in Rio came in the pool. The scenes in Windsor, meanwhile, provided plenty of proof that this group are already inspiring the next wave, too.

For Oleksiak, the new year will bring new challenges. But after her 16th year became one for the ages, she insists she's ready for more. The up and comer is here to stay.



I think I proved to myself that I trained pretty hard last year and I was able to exceed expectations.

Penny Oleksiak



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G4 8:00pm DAL vs. Mount Royal

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G5 1:00pm LG1 vs. LG2
G6 3:00pm LG3 vs. LG4
G7 6:00pm WG1 vs. WG2
G8 8:00pm WG3 vs. WG4

SATURDAY, DEC. 31

G9 9:00am LG5 vs. LG6
G10 11:00am WG5 vs. WG6
G11 1:00pm LG7 vs. LG8
G12 3:00pm WG7 vs. WG8

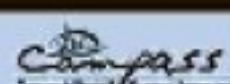
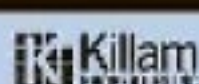
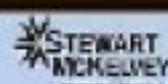
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Star golfer says year helped her grow

2016 THE YEAR THAT WAS...

19-year-old packs career's worth of wins in one season

Taiwan was Brooke Henderson's favourite destination on the LPGA Tour this year. Playing in the Olympics, winning \$1.7 million US in prize money and capturing her first major were pretty cool, too.

The 19-year-old from Smiths Falls, Ont., packed more into one season than some golfers experience over an entire career.

Back home this month for a well-deserved holiday break, Henderson told The Canadian Press she feels more mature as she reaches the end of her

remarkable year.

"This year especially gave me a lot of experiences that added a lot of value to who I am as a person, and what I am on the LPGA Tour," she said in a recent interview.

Henderson was the LPGA's Ironwoman in 2016, playing a tour-high 31 events, peaking at No. 2 on the world rankings before finishing eighth. Add to that the Rio Olympics and sponsor commitments and the young Canadian didn't have much time for herself on her first full season on the women's pro circuit. But she believes the gruelling schedule has prepared her for the future.

Henderson won two titles in 2016, including the KPMG Women's PGA Championship, her first career major. She added 15 top-10 finishes and was just two shots out of the bronze medal position at the Olympics.

While many marvel at the



Brooke Henderson plants a kiss on her championship trophy after winning the Women's PGA Championship golf tournament.

THE CANADIAN PRESS

teen's poise and maturity, Henderson's inexperience did come to the forefront on occasion. In Rio, she left the golf course in tears after shooting 4-over on

the final six holes of the third round, a collapse that included a four-putt on the 16th hole.

"Golf is a very tough game and like anything in life there

is going to be disappointments where you wish you had played a little bit better or made smarter decisions, but that's just where you have to learn from it and move on," said Henderson.

Henderson will remain involved with Golf Canada's program next year, although she said she would work with Canadian head coach Tristan Mulhally a "little bit" as her father Dave is her "number one guy."

"I definitely would like to get stronger and hit the ball a little further and work on my consistency overall," she said of her off-season plans. "I think that's the big one. And short game. That's always been something I've worked on especially the last few years." She will also continue to have her older sister Brittany, a professional golfer in her own right, as her caddy.

The LPGA Tour features two events in Canada in 2017 with

the Manulife LPGA Classic in Cambridge, Ont., set for June 5-11 and the Canadian Pacific Women's Open scheduled for Aug. 21-27 in Ottawa.

The CP Women's Open is already circled on Henderson's calendar as the Ottawa Hunt and Golf Club is playing host. The course gave Henderson an honorary membership this year.

"I'm already looking forward to that week of the season and hopefully I peak that week," said Henderson. "Being a member of the Ottawa Hunt Club and having it so close to where I grew up, celebrating Canada's 150th anniversary in the capital, it's going to be really amazing."

After getting so close to the top in her first full LPGA season, Henderson admitted she's more motivated than ever to get to No. 1. "I think that's ultimately the end goal for any person playing on the LPGA Tour," she said.

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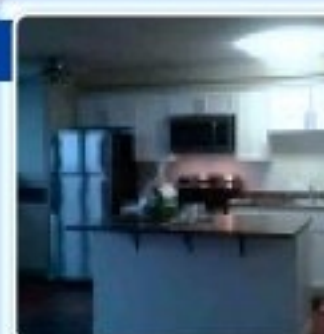
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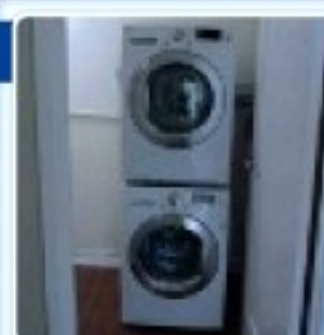
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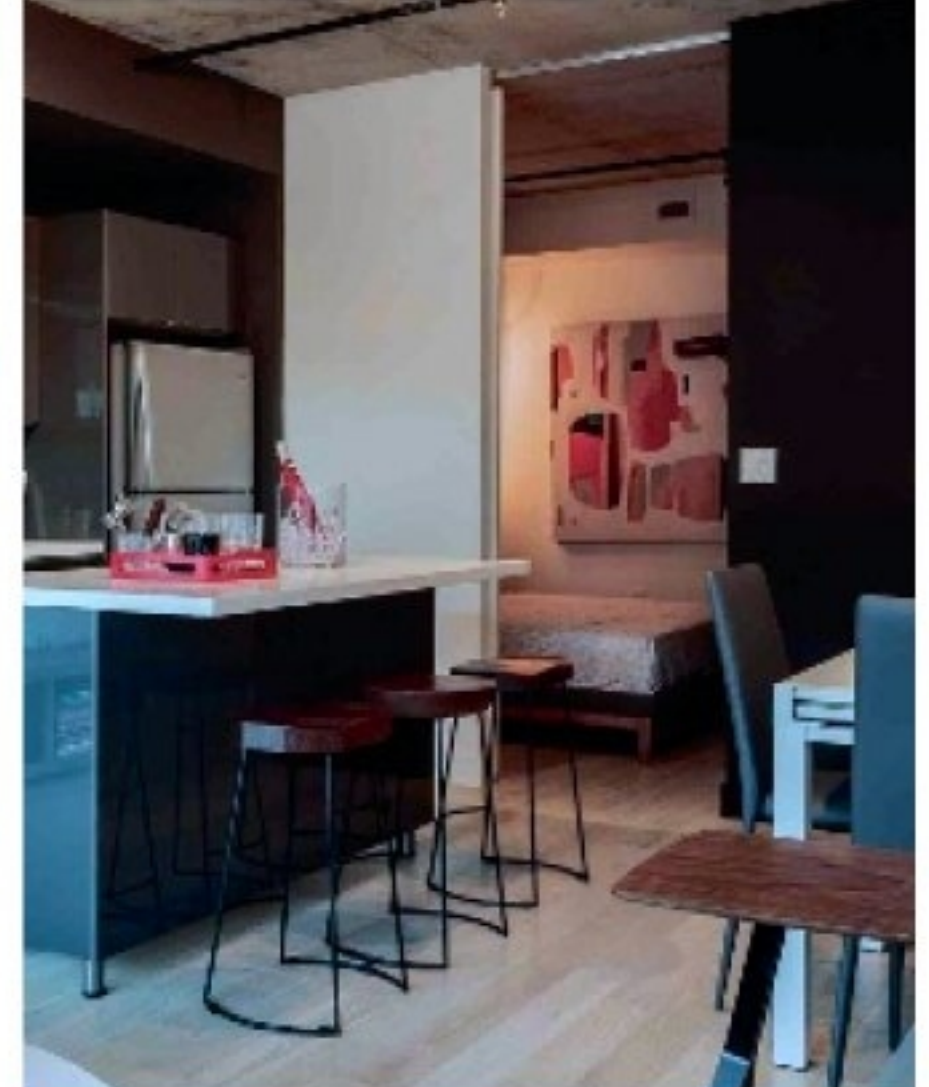
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Ceri Marsh & Laura Keogh
For Metro Canada

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Serving: 6 people

Ingredients

- 2 Tbsp olive oil
- 1 onion, diced
- 4 carrots, peeled and diced
- 4 celery, trimmed and diced
- 1 Tbsp fresh thyme
- 6 cups low-sodium chicken stock
- 3 cups leftover turkey or rotisserie chicken, shredded
- 1 1/2 cups frozen corn (4 cobs

- with the corn sliced off)
- 1/2 cup fresh dill, chopped
- 1/4 cup lemon juice
- 2 cups cooked rice
- Salt and pepper

Directions

1. Place oil in a large pot and bring to medium heat. Add onions, carrots and celery and sauté for three minutes, until the vegetables start to soften. Add the thyme and stir.

2. Pour the stock into the pot. Now add the chicken, corn, dill, lemon juice and cooked rice. Taste and add salt and pepper to taste.

3. Let cook 20 minutes before serving

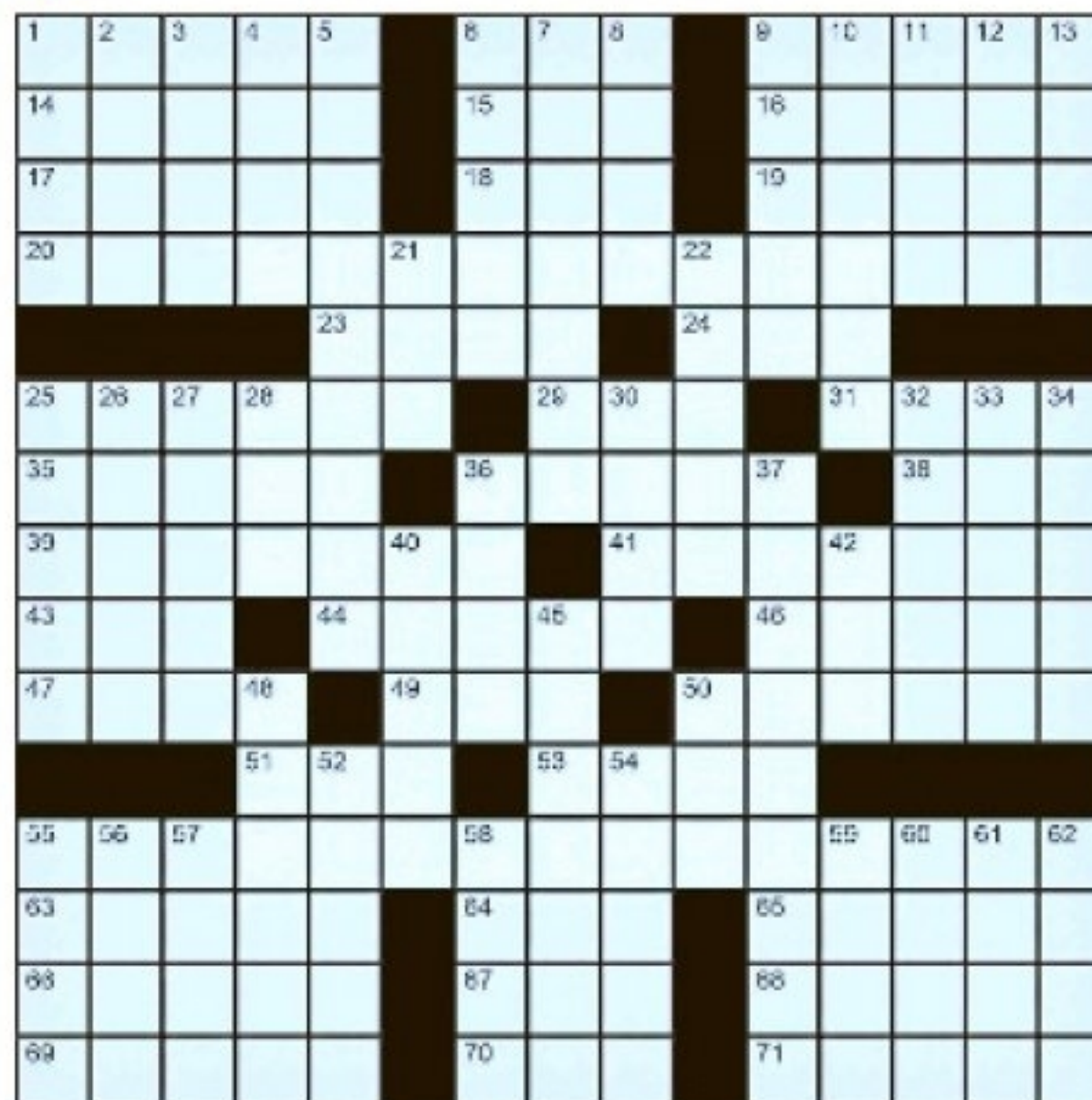
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6. _-Beauport, Quebec
9. Messy fight
14. "Vega\$" star Robert
15. Ms. Longoria
16. Flood embankment
17. Gladiator's 801
18. _ painting
19. Torpid
20. Toronto's Eaton and the West Edmonton Mall: 2 wds.
23. Agenda
24. Compete
25. Beach shoe
29. British singer Rita
31. Mr. Mineo's
35. Scottish television personality Mr. Ferguson
36. Catty, as a remark
38. "Phooey!"
39. Paper-folding art
41. Alberta town; or, British luxury car
43. Pre-Dec. month
44. Short messages
46. Fad
47. Meadow moms
49. Highway topping
50. Hot Wheels item: 2 wds.
51. Boo- (Sniff!)
53. Hawaiian island
55. Store tactic to draw customers, as on Boxing Day: 3 wds.
63. Enter the data
64. Fish story
65. Cornered:



- 2 wds.
66. Theatre's surface
67. Bird of New Zealand, once
68. First Aid Kit netting
69. "The Planets" composer Gustav
70. "State _ Main"

- (2000)
71. Enroll

DOWN

1. Mires
2. " _ of Triumph" (1948) starring Ingrid Bergman
3. Puerto _
4. USSR, to Russians

5. Acadian Peninsula town in New Brunswick
6. "Bleeding Love" by _ Lewis
7. "Sur le Pont d' _"
8. Math class [abbr.]
9. Russian pancake
10. Annuities, in French

11. Declare with certainty
12. "The Way We _" (1973)
13. Allows
21. _-defined
22. Dodge
25. Tea party biscuit
26. Archery weapon
27. Gullible

28. Archaeological site
30. Grill servings
32. What the insurance commercials duck says
33. Broadcaster Ms. Gibbons
34. More bashful
36. The Ramayana heroine
37. Say "You can do it."
40. Detroit aka The _ City
42. Attempt
45. Environmental deterioration
48. Half-a-cardigan garments
50. _ Guess Who
52. Band of eight
54. Onward
55. Gossip
56. Particular preposition
57. Fire _ (Type of gem)
58. Operatic soprano Ms. Gluck
59. Oliver's comedy partner
60. Border on
61. Loaf around
62. Glimmer

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Amazing surprises will come to you through friends and partners at this time. Some of you will get a surprise marriage proposal.

Taurus April 21 - May 21
Unexpected good fortune that impacts your health, as well as your job situation, surrounds you now. Many of you will land a good job that was not expected to come your way.

Gemini May 22 - June 21
A sudden opportunity for a vacation looks fabulous! Others might have surprising news regarding children, babies and romance. It's a great day to party! Some families will expand.

Cancer June 22 - July 23
Unexpected real-estate opportunities might drop in your lap at this time. If so, you will have to act fast. These chances will not come again, so do what you can to easily take advantage of them.

Leo July 24 - Aug. 23
Today is full of surprises in many respects. New faces, new places and new ideas will stir your life and encourage you to move in a new direction.

Virgo Aug. 24 - Sept. 23
Unexpected chances to boost your income are likely at this time. If this happens, be ready to act quickly, because your window of opportunity is brief.

Libra Sept. 24 - Oct. 23
Lucky Jupiter is in your sign, and today it is dancing with unpredictable Uranus. This means that sudden, unexpected good fortune will come your way. Fingers crossed.

Scorpio Oct. 24 - Nov. 22
Something happening behind the scenes might mushroom suddenly into a wonderful advantage for you. Whatever happens will make you feel pleased and happy.

Sagittarius Nov. 23 - Dec. 21
A friend or a member of a group might suddenly come forward with a wonderful suggestion that helps you in a positive way. It might change your future goals or expand your life.

Capricorn Dec. 22 - Jan. 20
At this time, you definitely have a chance to put your name up in lights. Wonderful opportunities are bubbling all around you. Expect a miracle.

Aquarius Jan. 21 - Feb. 19
Surprise opportunities to travel might materialize at this time. Others might suddenly decide to get further education or training. Great idea.

Pisces Feb. 20 - March 20
Unexpected inheritances, gifts, goodies and favours from others can come your way at this time. Make the most of this and use this advantage wisely.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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BOXING DAY SALE

TUESDAY, DECEMBER 27, 2016



60% OFF

Women's coats and jackets;
Men's casual outerwear;
Kids' and babies' outerwear
In our outerwear departments.
See below for exclusions.

50% OFF

Women's cold-weather accessories;
Men's hats, gloves and scarves
40% off kids' cold-weather accessories.
See below for exclusions.

\$39⁹⁹

BLACK BROWN 1826 Merino wool sweaters
Reg. \$69.99

\$79.99 BLACK BROWN 1826 cashmere sweaters.
Reg. \$149.99

Exclusively ours



40% OFF

Men's underwear by STANFIELD'S, TOMMY HILFIGER and JOE BOXER; STANFIELD'S thermalwear

50% OFF KIDS' SLEEPWEAR

See below for exclusions.



\$29⁹⁹

Boots and booties by EXPRESSION and STYLE&CO.

Reg. \$99 to \$129
See below for details.

SAVE \$220

\$229 Reg. \$449

KITCHENAID Classic Plus tilt-head stand mixer

Up to 40% off other KITCHENAID small appliances.



80% OFF \$299⁹⁹

Reg. \$1499.99

ZWILLING J.A. HENCKELS Passion 10-piece stainless steel cookware set

UP TO 70% OFF MATTRESS SETS

PLUS, FIND MORE SAVINGS DURING OUR EXTENDED BOXING WEEK HOME SALE

SAVE \$40 **\$19⁹⁹**

Reg. \$59.99

MIKASA Julie sets of 4 stemware
50% off other MIKASA stemware, barware and giftware.



60% OFF

Pillows and duvets by BEAUTYREST BLACK, LAUREN RALPH LAUREN and GLUCKSTEINHOME

50% off HOTEL COLLECTION pillows and duvets; LIVE COMFORTABLY pillows.

30% off mattress pads by the same brands.



BUY 1, GET 1 FREE

Towels by HOTEL COLLECTION, The Spa by GLUCKSTEINHOME, LACOSTE, LAUREN RALPH LAUREN and CALVIN KLEIN

Free item must be of equal or lesser value.



UP TO 75% OFF

Select luggage collections by RICARDO BEVERLY HILLS, HEYS, LONDON FOG, SAMSONITE, DELSEY, TRAVELPRO, HIGH SIERRA, SWISSGEAR, SKYWAY, WESTJET and SWISS WENGER

See below for details.

HUDSON'S BAY

FREE SHIPPING AT THEBAY.COM*

Savings for all offers are off our regular prices, unless otherwise specified. **Women's outerwear** excludes Trespass, K-Way, Helly Hansen, Fjallraven, Jack Wolfskin, Marmot, Spyder, HISO, Cindia Rocca, Sentaler, Sorel, Soia & Kyo, Pajar, Arctic Expedition, Lauren Ralph Lauren, Sicily, Michael Michael Kors, Sosken, Kate Spade New York, Cinzia Rocca Icons, 1 Madison Dept 224 and items with 99¢ price endings. **Men's casual outerwear** excludes Helly Hansen, Under Armour, Marmot, Jack Wolfskin, Fjallraven, Moose Knuckles, Soia & Kyo, Vince Camuto, Michael Michael Kors, Selected Homme, 6 Lab, Pajar, Psycho Bunny, Penfield, Dockers, Levi's and items with 99¢ price endings. **Kids' outerwear** excludes Polo Ralph Lauren, Bob Der Bar, Under Armour, Nike, Kombi, Deux Par Deux, Ben Sherman, Spyder and Hatley. **Women's cold-weather accessories** exclude Adrienne Landau, Burberry, COACH, Kate Spade New York, Hampton Collection Gloves, Linda Richards, Lord & Taylor Cashmere and Gloves, Marc By Marc Jacobs, Michael Michael Kors and items with 99¢ price endings. **Men's cold-weather accessories** exclude Under Armour, Adidas, Hudson North, 180s, Michael Kors, Spyder, Herschel Supply Co., John Varvatos, Pajar and Polo Ralph Lauren. **Kids' cold-weather accessories** exclude Polo Ralph Lauren, Bob Der Bar, Under Armour, Nike, Kombi, Deux Par Deux, Ben Sherman, Spyder and Hatley. **Kids' sleepwear** excludes Hatley and items with 99¢ price endings. **Boots and booties by Style&Co. and Expression:** Selection varies by store; See store for details; Not available at our Queen Street and Vancouver Downtown locations. **Luggage:** Selection varies by store, while quantities last; Excludes items with 99¢ price endings. *See our back page for details.

BOXING DAY SALE

TUESDAY, DECEMBER 27, 2016

Exclusively ours

RALPH LAUREN POLO GIFT SETS

\$45 each **\$65** VALUE



Polo Black set includes:

- Eau de toilette, 30 mL
- Body spray, 170 mL

Polo Red set includes:

- Eau de toilette, 30 mL
- Body spray, 170 mL

Polo set includes:

- Eau de toilette, 30 mL
- Body spray, 170 mL

Polo Blue set includes:

- Eau de toilette, 30 mL
- Body spray, 170 mL

ENDS SUNDAY, JANUARY 1, 2017

RECEIVE A \$10 SAVINGS CARD

when you spend \$50 or more on cosmetics or fragrances in store and at thebay.com*



HUDSON'S BAY

FREE SHIPPING AT THEBAY.COM*

Savings for all offers are off our regular prices, unless otherwise specified. **Before taxes. While quantities last. Redeemable on your next cosmetics or fragrance purchase of \$50 or more before taxes. Valid in store only until Sunday, January 1, 2017. One card per transaction. Not to be combined with any other offer. Other exclusions apply. See store for details. FROM OUR FRONT PAGE: BOXING DAY CLEARANCE OFFERS: Includes items in our women's dress, swimwear and activewear departments. Women's clearance fashion: Excludes items in our dress, suit, outerwear, activewear and swimwear departments; The Room, Topshop, Sandro/Maje, BCBGMAXAZRIA, Tori Plus, Olsen, Rudsak, Reiss, Pink Tartan, The Kooples, NYDJ, NYDJ Plus, McMin, Moose Knuckles, Jacquemus, Diesel and Judith & Charles. Women's clearance slippers: In our slipper department; Excludes UGG Australia, COACH, Ted Baker and Kate Spade New York. Women's clearance footwear: In our footwear department; Excludes COACH, Cole Haan, Frye, Nike, The Room, UGG Australia, Dept 146 Designer Collections, Dept 875 White Space, Dept 276 Athletic, Dept 837 and 839 Rain and winter boots; Other exclusions apply, see store for details. Clearance fashion jewelry: Includes sterling silver; Excludes COACH. Clearance handbags: Includes wallets; Excludes COACH, Marc Jacobs and Kate Spade New York. Men's clearance fashion: Excludes 3.1 Phillip Lim, Adidas X Raf Simons, Adidas X Rick Owens, Akjandro Ingelmo, Alexander Wang, Alpha X Deus, Alternative Apparel, APC, Balmain, Billionaire Boys Club, Blood Brother, Boy London, Carven, Cheap Monday, Deus, Don Rebel, Drifter, DRKSHW, Embellish, Etudes, Filling Pieces, Fred Perry X Raf Simons, Geris, Han Kjoberham, Helmut Lang, Hip and Bone, I Love Ugly, Jil Sander, Judith & Charles, Junya Watanabe, JW Anderson, KTZ, Lemaire, Markus Lupfer, Marri, Maliere, MHR5, Minnam, Moschino, MSGM, N. 21, Nana Judy, Obey, Opening Ceremony, Paul Smith, Perfield, Philipp Plein, Ports 1961, Publish, RVL, Saturday NYC, Sluszy, T by Alexander Wang, UNCL, Vince, Vitale, Won Hundred, Wood Wood, Wooyoungni and Zanerobe. *FREE SHIPPING: Receive free standard shipping on a total purchase amount of \$99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbecues and mattresses.